



---

Posted on 23 December 2013  
*by ewfood*

## Tropical Roasted duck



## Ingredients

2 kg Duck  
2 pineapples  
2 tbsp acacia honey  
1/2 tsp 4 spices  
Small glass of pineapple juice  
Salt and pepper

## Preparation

- 1 Preheat oven to 180°C (gas mark 6).
- 2 Season the inside and outside of the duck with salt and ground pepper.
- 3 Mix honey and 4 spices with 1 tsp. of hot water and brush the outside of the duck with it.
- 4 Place the duck in a large oiled baking dish and bake for 50 minutes. Moistern frequently the duck with its juices during cooking.
- 5 Peel the pineapple, remove the fibrous heart and slice it in 1cm thick slices.
- 6 After 50 minutes of cooking, add the pineapple slices around the duck. Cook for another 20 minutes, moisturizing with juice 3 times more.
- 7 Arrange the duck on warm platter surrounded by pineapple slices .Keep it in the oven turned off with open door.
- 8 Deglaze the cooking juices with some pineapple juice and poor on the duck.
- 9 Serve with Creole rice with raisins and decorated with almonds (12 minutes cooking in boiling salted water).

## Cooks Note

---