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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. Moisten 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