



LIZ E'S
NOPE, SHE'S NOT KIDDING

hair dryer CRISPY DUCK

"This is a simplified version of Marcella Hazan's fantastic duck recipe from More Classic Italian Cooking, which was in turn inspired by the way many Chinese restaurants in the US prepare Peking duck. You'll never get crispier skin! My mom owns a single hair dryer and it is stored in the kitchen, thanks to this recipe."

— Liz E, Creative Team

YIELD: 4-6 servings

INGREDIENTS

- 1 duck
- Generous pinches of your favorite seasonings
- Extra pinches of salt and fresh-cracked pepper

MATERIALS

- Large stock pot for boiling water
- Large roasting pan (big enough for your duck)
- AND...a hair dryer!

INSTRUCTIONS

1. Preheat the oven to 425°F.
2. Boil lots of water in a very large stock pot. Once you've hit a boil, place your duck in the water and let cook for about six minutes.
3. Pull the duck out and plug in your hair dryer!
4. Drain the bird, pierce the skin roughly 10 times, and then set it on a rack.
5. Pat the bird dry with paper towels, then hit it with hot air from the hair dryer from every angle, patting away excess fat with paper towels as you go.
6. Rub the bird inside and out with your preferred spice mix (perhaps around a half-cup of mixed salt, pepper, rosemary, and sage? If you're not sure you've added enough salt, add a bit more salt).
7. Roast the bird for half an hour at 425°F, then turn it down to 375°F and roast for another hour. You may need a little more or less time depending on the size of your bird, but you want your meat thermometer to read 160°F when you pull it out of the oven. Rest the bird for about twenty minutes before carving.
8. Serve with a simple salad with a bright, vinegary, citrusy dressing.

FANCY A GRAVY?

While your duck is resting, fry up the duck's liver and the spice rub from inside the duck. Place the roasting pan on the stove top, mix in the duck's liver and spices and be sure to scrape up all the good bits as you go. Shouldn't take longer than about 7-10 minutes to coalesce.