

The “Lacquered Luxury” Roast Duck

A showstopping roast duck with crisp, lacquered skin and aromatic depth.



SERVES
4 guests

PREP METHOD
3-day dry age

OVEN
325°F / 165°C

THE ESSENTIALS

THE BIRD	1 whole duck (approx. 5.5 lb), thawed completely.
THE CHEF’S SPICE RUB	A blend of fine salt, white pepper, black pepper, pink pepper, ground cardamom, fennel seed, and coriander.
THE GLAZE	2 tbsp honey (or maltose), 1 tbsp dark soy sauce, 1 tsp vinegar, and ½ cup hot water.
THE AROMATICS	2 stalks scallions, 1 head of garlic (halved), 2 quartered apples, and 2 cinnamon sticks.

THE DIRECTIONS

The Method

01 THE THREE-DAY “DRY AGE”

Chef’s Secret #1

Professional duck is all about the skin. Rub your spice blend all over the duck and inside the cavity. Place it on a wire rack over a tray in your fridge, uncovered, for 3 days. This dries out the skin and allows the spices to permeate the meat.

02 THE SCORE & RENDER

Chef’s Secret #2

Before the oven, use a sharp knife to “score” the skin in a diamond pattern (be careful not to cut into the meat). This allows the fat to escape and the skin to crisp.

The Pan-Sear: In a large pan over low-medium heat, place the duck in and let the fat melt (render) out. Pour the excess fat into a jar as you go—save this gold! You’ll use it later for the sauce and rice.

03 THE ROAST

Prepare: Stuff the cavity with your aromatics (apples, garlic, spices).

The Glaze: Brush a generous layer of your honey/soy glaze over the duck.

The Oven: Preheat to 325°F (165°C). Place the duck on a rack in a roasting pan. Roast for 10–12 minutes.

The Temp: Use a digital thermometer. Pull the duck out when it hits 128°F. Let it rest for 20 minutes; the residual heat will bring it to a perfect, juicy 135°F.

04 THE FINISHING TOUCH

After resting, put the duck back in a hot oven for 4–5 minutes to “wake up” the skin. Carve the breast off the bone and slice thin.

CHEF JOE’S NOTE

The secret is patience: dry the skin thoroughly, render the fat slowly, then finish with heat for that signature lacquered finish.