

Oven Roasted Duck with Honey & Rosemary Glaze

INGREDIENTS

- 1 whole duck
- 1/2C local, raw honey
- 1C bone broth
- 2tbs coconut aminos
- 4 sprigs rosemary, chopped
- 1tsp sea salt
- 1 tsp seasoning
- 1TBS duck fat

1. Preheat oven to 350°F.
2. To make the sauce, combine honey and broth in a sauce pan and bring to a boil.
3. When honey begins to melt, add rosemary, sea salt and seasoning and combine well. After sauce begins to boil, reduce to simmer and add coconut aminos.
4. Simmer on low for about 2-4 minutes, stirring occasionally.
5. Meanwhile, pat the duck dry with a paper towel.
6. Coat the bottom of a roasting pan with duck fat (or any choice of fat like grass-fed butter or ghee, I used duck because of the flavor).
7. Place duck in dish and lightly coat with a tablespoon of duck fat.
8. Pour glaze over duck, evenly coating the entire bird.
9. Place in oven and roast for about an hour.
10. Every 25 minutes spoon the sauce at the bottom of the dish over bird to maintain flavor.
11. Serve garnished with extra rosemary.