

Roast Ducks

Ingredients

A couple of ducks; sage-and-onion stuffing No. 504; a little flour. *_Choosing and Trussing_*--Choose ducks with plump bellies, and with thick and yellowish feet. They should be trussed with the feet on, which should be scalded, and the skin peeled off, and then turned up close to the legs. Run a skewer through the middle of each leg, after having drawn them as close as possible to the body, to plump up the breast, passing the same quite through the body. Cut off the heads and necks, and the pinions at the first joint; bring these close to the sides, twist the feet round, and truss them at the back of the bird. After the duck is stuffed, both ends should be secured with string, so as to keep in the seasoning. [Illustration: ROAST DUCK.]

Method

To insure ducks being tender, never dress them the same day they are killed; and if the weather permits, they should hang a day or two. Make a stuffing of sage and onion sufficient for one duck, and leave the other unseasoned, as the flavour is not liked by everybody. Put them down to a brisk clear fire, and keep them well basted the whole of the time they are cooking. A few minutes before serving, dredge them lightly with flour, to make them froth and look plump; and when the steam draws towards the fire, send them to table hot and quickly, with a good brown gravy poured *_round_*, but not *_over_* the ducks, and a little of the same in a tureen. When in season, green peas should invariably accompany this dish.

Source: Mrs Beeton's Book of Household Management (1861)

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