

# Mrs Greenkeeper's



## Own Corner

with Ann Mawson

### Ducks

Young birds should be soft and white, the feet and bills a bright yellow, the underbill of a young bird is pliable and the legs smooth. Don't pick a bird with a flabby breast, this will be too fat, and therefore lacking in flavour and a bit too rich to be digestible.

### Fried Duck

4 oz. of mushroom, butter to fry, slices of breast of duck, green peppers to taste (chopped),  $\frac{1}{2}$  pint of white sauce. Make a good white sauce add the chopped green peppers to it. Fry the slices of duck for about 10 minutes then place them in a deep dish. Pour over the white sauce. Serve with fried mushrooms (fried in the butter).

### Roast Duck with Orange

3 oranges, 1 teaspoon of cornflower, watercress, 1 tender duckling, 1 tablespoon of butter, salt, pepper,  $\frac{1}{4}$  pint of white wine. Clean the duckling well, put into a baking dish with a little salt, pepper and butter. Roast in a hot oven for about 45 minutes, keep basting from time to time. When done keep warm while you are preparing the sauce.

### Sauce

To the juice in the baking dish, add the wine and the juice of 1 orange, stir the cornflower in well, simmer until the

sauce is thick. In the meantime slice the remaining 2 oranges, put in boiling water to heat. Garnish the duckling with orange and watercress (or you could use parsley). Serve the sauce separately. The duckling can also be served carved with the orange sauce poured over it.

*To serve 6 people.*

### Duck and Olives

1 duckling (about 3 lbs.), 8 oz. of butter,  $\frac{1}{2}$  pint of wine, salt, pepper, oil, 4 dozen olives, chopped parsley, 1 large tin of tomato puree, 2 oz. of flour, 4 onions, 6 carrots, 1 pint of stock. Melt the butter in a large casserole dish, with a spoonful of oil, put the duck in, together with sliced onions and carrots. Cook for about 30 minutes, take care not to break the skin with a fork, so the duck does not lose its juice. When golden brown take the duck out, and put on a dish to one side. Slowly add the flour to the butter, stirring to a smooth paste, add the tomato puree and wine, stir well and replace the duck in the casserole, add parsley and season, add the stock, using your discretion not to make the sauce too thin. Simmer for 1 hour. When time to serve add the stoned olives to the sauce.

*To serve 6 people.*

I hope you will all have a very HAPPY CHRISTMAS, and all the best for 1970.