

Jamie Oliver's Christmas Roast Duck with Port Gravy

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/cranberry-and-port-christmas-cake-recipe>

Ingredients:

- 4 3/8 pounds duck Free Range Whole
- 2 sprigs fresh rosemary
- 1 nutmeg
- salt
- pepper
- 1 Orange or Blood Orange
- 4 cloves garlic
- 1 large red onion
- 1 celery stalk
- 2 carrots
- 13/16 inch ginger piece of
- 1/2 stick cinnamon
- 2 bay leaves
- 2 1/4 pounds potatoes Maris Piper
- 2 1/8 cups water or Chicken Stock
- 1 tablespoon plain flour
- 6 3/4 tablespoons port + 1 glass for the chef

Nutrition:

1. Calories: 2320 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 380 milligrams
4. Fat: 195 grams
5. Fiber: 11 grams
6. Protein: 62 grams
7. SaturatedFat: 65 grams
8. Sodium: 560 milligrams

9. Sugar: 6 grams

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