

Roasted Duck

with a Cheerwine BBQ Glaze

Recipe by Chad McIntyre
Photographed by Melissa McGaw



Chef Chad gives his traditional duck recipe a North Carolina twist by swapping a red wine sauce for a Cheerwine glaze. While the combination may sound unusual, the crispy and tender dish is sure to please.



ROASTED DUCK WITH CHEERWINE BBQ GLAZE

(Serves 4 to 6 people, depending on size of the duck.)

INGREDIENTS FOR PREPARING THE DUCK

- 1/2 large white onion—chopped
- 1 orange cut into wedges
- 1 tablespoon minced garlic
- 4 sprigs of fresh rosemary
- Salt and ground black pepper to taste

INGREDIENTS FOR THE CHEERWINE BBQ GLAZE

- 1 tablespoon olive oil
- 1/2 small, white onion—diced
- 1 tablespoon minced garlic
- 1 12-oz. bottle Original Cheerwine
- 1/4 cup brown sugar (packed)
- 1 6-oz. can of tomato paste
- 1/2 teaspoon cayenne pepper
- 1 teaspoon cumin
- 2 tablespoons prepared yellow mustard
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper

To begin, prepare the duck by removing its innards and feathers, if necessary. Score the breast by carefully slicing through the skin and fat in diagonal directions while making sure to not cut into the meat. Next, stuff the prepared duck with the garlic, onion, orange and rosemary. Liberally coat the duck with salt and pepper. Place the duck in a roasting pan breast side up. Bake at 225 degrees Fahrenheit in a standard oven for 6 to 7 hours or until meat can be plucked off the bone with a fork. The duck can be prepared the day before serving.

PREPARING THE GLAZE

In a large saucepan or skillet, heat the olive oil over medium-high heat. Add the onion and garlic and cook until light brown (about 5 minutes). Add Cheerwine, mix and return to a steady simmer. Add the remaining ingredients and stir so that all ingredients have been fully incorporated into the glaze. Lower the temperature and allow the glaze to simmer for 15 minutes. The glaze can be prepared ahead of time.

FINISHING THE DUCK

Once the duck has been fully cooked, remove it from the oven and generously cover it with some of the Cheerwine glaze. Turn the oven to broil and place the glazed duck in the oven on an upper rack for 5 to 8 minutes. Remove the finished duck and allow it to rest roughly 15 minutes before serving. The meat will be fall-off-the-bone tender. The remaining sauce can be added to the dish when served or stored in a sealed container in a refrigerator for up to a week.