

## HONEY-ROASTED DUCK WITH CREAMED CAULIFLOWER

If you're making Christmas lunch or dinner for a small group of people, this duck is just right as it's full of flavour and so much easier to cook than a big turkey  
Moderately easy to make, serves 4, preparation time 15 minutes, Cooking time 45 minutes

### Ingredients:

1.6kg duck  
2 sprigs thyme  
2 bay leaves  
4 tbsp honey  
2 bunches watercress

### For the creamed cauliflower:

1 head cauliflower, broken into small florets  
2 shallots, finely sliced  
knob of butter  
4 tbsp double cream

### For the Garlic Chips:

6 garlic cloves  
300ml milk  
vegetable oil , for frying

### Method:

1. Heat oven to 220C/fan 200C/gas 7. Dry the duck with kitchen paper and liberally season all over with coarse salt. Put the thyme and bay leaves inside the cavity, then place the duck on a rack over a roasting tray.
2. Cook for 10 mins or until the skin begins to turn golden, then reduce the heat to 180C/fan 160C/ gas 4. Cook for a further 45 mins, basting the duck with honey every 5 mins or so for the final 20 mins of cooking. The Duck will now be roasted to medium - cook 10 mins more, if you like your duck well done. Set aside to rest, uncovered, for 10 mins.
3. Meanwhile, make the creamed cauliflower. In a pan, cook the cauliflower and shallots in the butter over a low heat for 20 mins until softened and any liquid has evaporated. Spoon into a liquidiser with the cream and whizz to a purée. Season and keep warm.
4. For the garlic crisps, thinly slice the garlic cloves using a really sharp knife or a mandolin. Place the slices in a pan along with the milk and slowly bring to the boil.
5. Remove from the heat and strain the garlic slices, discarding the milk (or save it for mashed potato). Leave the garlic to drain on kitchen paper. Cover the bottom of a frying pan with the oil and heat. Fry the slices, a couple at a time, until golden and crisp, then remove with a slotted spoon.
6. To serve, carve the duck and serve alongside the creamed cauliflower and sprigs of watercress, sprinkled with the crisp garlic slices.