



Luv·a
Duck®

EASY AS DUCK!

DELICIOUS DUCK RECIPES

Simply impressive!



WHO ARE WE?

We are proudly 100% Australian, family-owned, and based in Victoria's Wimmera region since 1968. What began in Arthur Shoppee's backyard grew into Australia's favourite duck brand, known for our premium products, and commitment to local communities.

With a versatile range of fresh, frozen, and the nation's only pre-cooked heat & eat duck products, we make enjoying duck easy and delicious for everyone!



DUCK NUTRITION



Duck is a tasty powerhouse packed with nutrients! As a red meat, duck has a pink colour when cooked, as appealing to the eye as to the palate.



PROTEIN

Great protein source. Provides roughly 15g of protein per 100g.*



IRON

Rich in iron. Twice as much iron as beef.*



FAT

Source of heart-healthy fats. Our Skinless Duck Breast has less fat than chicken.*

*Based on the research and assessment completed by Federation University in collaboration with Luv-a-Duck.

How to cook WHOLE DUCK

1. Preheat oven to 190°C.
2. Remove windpipe and esophagus. Trim wings.
3. Pat duck dry with a paper towel.
4. Prick the skin.
5. Season with salt and pepper.
6. Roast duck in oven at 190°C for 40 minutes per kg.
7. Once cooked, cover with foil and rest for around 20 minutes.
8. Serve!



All ovens vary in performance, this is a guide only.

SCAN TO WATCH

Follow the how to video to cook the perfect Whole Duck.



How to carve WHOLE DUCK

1. Rest duck for minimum 20 minutes.
2. Hold duck in centre of the breast with carving knife.
3. Cut between the breast and the leg.
4. Pull leg away and snap off at the thigh joint.
5. Slice along breastbones over the ribcage.
6. Lift the breast away.
7. Slice into portions.
8. Serve!



All ovens vary in performance, this is a guide only.

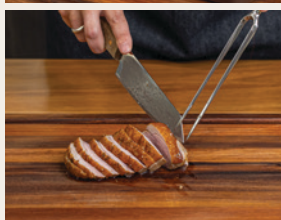
SCAN TO WATCH

Follow the how to video to carve the perfect Whole Duck.



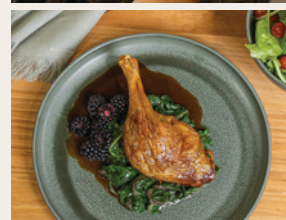
How to cook DUCK BREAST

1. Preheat oven to 190°C.
2. Pat dry duck breasts with a paper towel.
3. Score skin. Trim off sinew and excess fat.
4. Season with salt and pepper.
5. Sear skin-side down in a medium-hot pan for 5 minutes until golden. Flip and cook for 2 minutes.
6. Roast duck in oven for 8–10 minutes to taste.
7. Once cooked, cover with foil and rest for 5 minutes.
8. Serve!



How to cook DUCK LEG

1. Preheat oven to 190°C.
2. Pat dry duck legs with a paper towel.
3. Prick the skin.
4. Season with salt and pepper.
5. Place duck in a lined roasting tray.
6. Roast the duck in oven for 90 minutes.
7. Once cooked, cover with foil and rest for around 10 minutes.
8. Serve!



All ovens vary in performance, this is a guide only.

SCAN TO WATCH

Follow the how to video to cook the perfect Duck Breast.



All ovens vary in performance, this is a guide only.

SCAN TO WATCH

Follow the how to video to cook the perfect Duck Leg.



HONEY AND SPICE GLAZED ROASTED DUCK

6
SERVES

INGREDIENTS

DUCK

1 Fresh Luv-a-Duck
Whole Duck
Salt

ROAST VEGETABLES

2 tbsp Luv-a-Duck
Duck Fat
3 small sweet
potatoes, cut into
rounds, skin on
3 small pears,
cut in half
4 small red onions,
peeled, cut in half
Handful thyme stems
2 tbsp olive oil
700gm brussels
sprouts, trimmed,
cut in half
3 cloves of garlic,
finely sliced
150ml of water to
cover base of pan
100gm almonds,
toasted and roughly
chopped
Salt and pepper

HONEY & SPICE GLAZE

200gm honey
1 tbsp Chinese
5 spice powder
2 star anise
4 cinnamon quills
Garnish with fresh
sage leaves,
blackberries and
cherries

METHOD

1. Preheat oven to 190°C.
2. Rinse and pat dry the Luv-a-Duck Whole Duck. Tuck wings, tie legs with kitchen twine, and salt generously.
3. Place duck on a roasting rack in a pan. Roast duck in oven at 190°C for 40 minutes per kg.
4. Once cooked, cover with foil and rest for around 20 minutes.
5. Toss prepared vegetables in melted duck fat or olive oil, thyme, and seasoning. After the duck has roasted for 1 hour, add vegetables to the oven and bake for 30-40 minutes until tender.
6. For caramelised brussels sprouts, heat oil in a pan. Sauté sprouts cut side down for 2-3 minutes until browned. Add water and garlic, cover, and steam for 3 minutes. Top with toasted almonds.
7. To make the glaze, heat ingredients in a small saucepan on low for 3 minutes.
8. Serve roasted vegetables on platter, place duck on top, brush with glaze, garnish with sage, blackberries, and cherries. Add side of Brussels sprouts and extra glaze.

Tip Leaving the foil loose while resting the duck keeps the skin crispy. You can make your vegetables ahead of time and place in the oven to re-heat.



Go easy!

DUCK INTO STORES

This recipe requires
1 Fresh Luv-a-Duck Whole Duck.





FRESH DUCK BREAST WITH GRILLED PEACHES AND TART CHERRY SAUCE

INGREDIENTS

DUCK

4 Luv-a-Duck Fresh Duck Breasts
Salt and pepper

SALAD

1 tbsp olive oil
2 peaches, quartered and stone removed
150gm rocket leaves
75gm edamame beans
80gm pomegranate arils
100ml avocado oil to dress
Salt and pepper

CHERRY SAUCE

150gm cherry conserve
2 tbsp pomegranate molasses
1 tsp fresh thyme leaves

METHOD

1. Preheat oven to 190°C.
2. Pat Luv-a-Duck Fresh Duck Breasts dry, score skin, and season. Cook breasts as per packet instructions.
3. Heat a grill plate on medium. Coat peach quarters in the olive oil and grill. Set aside to cool.
4. Make the sauce by placing ingredients in a small saucepan to heat through on low heat.
5. Serve the salad ingredients together, sliced duck breasts, and drizzle with cherry sauce and avocado oil.

Tip Use heated tray in oven if you don't have an ovenproof pan.



DUCK INTO STORES

This recipe requires
4 Luv-a-Duck Fresh Duck Breasts.



DUCK FAT ROAST POTATOES

INGREDIENTS

DUCK

1 tbsp Luv-a-Duck Duck Fat

POTATOES

500g roasting potatoes

HERBS

Rosemary
Garlic
Parsley
Thyme
Salt and pepper

METHOD

1. Preheat the oven to 200°C.
2. Peel and cut potatoes into even-sized pieces. Boil in salted water until just tender, then drain thoroughly.
3. Drain the potatoes, removing as much water as possible.
4. Return the potatoes to the pan and add the Luv-a-Duck Duck Fat and the salt and pepper.
5. Cover with the lid on and shake to coat them with the duck fat.
6. Place potatoes in roasting tray, and roast in the oven for approximately 40 minutes or until golden and crunchy.
7. Serve your delicious, crispy duck fat potatoes. Sprinkle some fresh rosemary to taste.

Tip Add some whole garlic cloves and sprigs of rosemary, parsley, and thyme for a great aroma.



SCAN TO WATCH

Follow the video for
another recipe with
Luv-a-Duck Duck Fat.



DUCK A L'ORANGE WITH HERBED LENTILS

6
SERVES

INGREDIENTS

DUCK

6 Luv-a-Duck
A L'Orange Duck Legs

HERBED LENTILS

1 tbsp olive oil
1 large leek, trimmed,
rinsed and sliced
¼ cup pepitas
2 tbsp chopped sage
leaves
3 cups cooked puy
lentils, or tinned
lentils drained
1 tbsp apple cider
vinegar
Salt and pepper
2 lemons cut in half
2 small oranges cut
in half
Fresh sage leaves
and charred citrus
halves to garnish

METHOD

1. To create the lentils mix, heat olive oil in a large fry pan. Sauté leeks until soft. Add the pepitas, sage and cooked lentils. Stir until heated through.
2. Remove the lentil mixture from pan and place into a serving bowl. Add the vinegar, seasoning and stir to combine. Set aside covered and keep warm.
3. Using the same pan, on high heat, place the citrus halves flesh side down and leave to char for 2-3 minutes.
4. Cook Luv-a-Duck A L'Orange Duck Legs as per your choice of packet instructions. Reserve remaining sauce.
5. Serve the warm lentil mix on the base of a serving platter, top with the heated legs and a drizzle of extra sauce. Garnish with fresh sage leaves and the charred citrus halves.

Tip Substitute the lentils for any of your favourite pulses or grains. Serve with crisp green and yellow beans.



SCAN TO WATCH

Follow the how to video to cook the perfect Duck Leg.



DUCK INTO STORES

This recipe requires 6 Luv-a-Duck A L'Orange Duck Legs.





CONFIT DUCK WITH GREEN GARDEN SALAD

2
SERVES

INGREDIENTS

DUCK

2 Luv-a-Duck
Confit Duck Legs

GARDEN SALAD

1 bunch asparagus,
trimmed
100gm sugar snap
peas, trimmed
100gm fresh or
frozen peas
50gm feta cheese,
crumbled
50gm raspberries
Salt and pepper
Olive oil to dress
Chopped fresh parsley
leaves to garnish

METHOD

1. To create the salad, prepare the greens. Blanch the asparagus, sugar snap peas, and peas in a pot of boiling, salted water for 2-3 minutes until they turn bright green and tender-crisp. Transfer them to a bowl of ice water to stop the cooking process.
2. Once cooled, drain the vegetables thoroughly and set them aside.
3. Cook Luv-a-Duck Confit Duck Legs as per your choice of packet instructions. The duck should be golden, tender, and warmed through.
4. Create the salad with the blanched asparagus, sugar snaps, and peas. Sprinkle with crumbled feta and a handful of fresh raspberries. Season the salad with salt and pepper, then drizzle with olive oil.
5. Serve the warm, crispy duck legs onto each plate.



Tip The cooking time will depend on the method you choose for preparing the duck legs.

DUCK INTO STORES

This recipe requires
2 Luv-a-Duck Confit Duck Legs.



So tasty!

ROAST DUCK BREAST WITH MIXED RICE AND CRANBERRY SAUCE

2
SERVES

INGREDIENTS

DUCK

2 Luv-a-Duck
Roast Duck Breasts

MIXED RICE

1 tbsp olive oil
1 small brown onion,
peeled and finely diced
1 large clove garlic,
crushed
250g prepared mixed
rice blend (red, brown
and wild rice used)
Salt and pepper
2 tbsp parsley leaves
finely chopped

CRANBERRY SAUCE

150gm whole berry
cranberry sauce
1 tbsp balsamic glaze
2 tsp thyme leaves
Garnish with chopped
fresh parsley

METHOD

1. To make the rice, heat olive oil in a large fry pan. Sauté onions and garlic on medium heat until onion and garlic have softened but not browned.
2. Add the cooked rice and stir to heat through. Add the parsley, remove from the heat and set aside in a serving bowl. Cover to keep warm until ready to serve.
3. Cook Luv-a-Duck Roast Breasts as per your choice of packet instructions.
4. Make the cranberry sauce by placing ingredients in a small saucepan to heat through on low heat. Keep warm until ready to serve.
5. Serve the rice mix, top with the breasts and add a drizzle of the warm cherry sauce. Garnish with fresh chopped parsley leaves and extra sauce on the side.

Tip Pair with a fresh tomato salad and caramelised cauliflower.



SCAN TO WATCH

Follow the how to video to cook the perfect Duck Breast.



DUCK INTO STORES!

RETAIL PRODUCT RANGE

Explore our fresh, frozen, and pre-cooked heat & eat range at selected supermarkets nationwide. Find us in the meat and poultry, ready meals, and frozen sections!

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ENJOYING DUCK AT HOME HAS NEVER BEEN SO EASY!

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