

Cooking Instructions for Village Inn Roast Duckling

Your Village Inn Duckling has been fully cooked, partially de-boned and sealed for your convenience. To prepare for cooking you will need to remove your duckling from its packaging and place in a roasting pan. From its frozen state and using a conventional oven, roast at 450 degrees for 20-30 minutes, until nicely browned; if it is defrosted, it should be used within 5 days and baked at 350 degrees for 20 minutes.

The stuffing should be removed from packaging, and heated (covered with foil if you like it moist or in an open dish if you prefer it crispy) for approximately 15-20 minutes depending on your oven temperature. Our sauces are at their best if brought to room temperature and warmed slightly, served either directly on the duck or as a dipping sauce.

Duckling is a nutritious food and an excellent source of protein. Our ducks are fed a natural, grain-based diet that does not include any antibiotics, hormones or other growth promotants. In comparison with other poultry, Duckling is among the lowest in sodium and cholesterol. In comparison with red meats, Duckling has been found to contain significantly less fat and fewer calories. Your ½ Duckling has approximately 320 calories.