

Gorgeous slow-cooked duck pasta

The sweet and sour nature of this dish is achieved by using flavors like orange, tomatoes, sultanas and red wine together – not pineapples and cheap vinegar like you might get in your local Chinese restaurant. At Fifteen we love to serve this dish with pappardelle, tagliatelle or, as in the picture here, little rings of pasta called *occhi di lupo*, which literally translates as 'wolf's eyes'. The meat sauce is equally delicious and comforting served as a stew with polenta or even mashed potatoes, so do have a go at making it.

Preheat your oven to 350°F. Rub your duck all over with olive oil, season generously with salt and pepper and push the orange quarters inside the cavity. Place the duck breast-side down in a roasting pan in the oven for 2 hours, turning it in the juices every 30 minutes until the skin goes thin and crispy and the meat is tender and delicious with a slight fragrance of orange. Remove the duck from the tray and put it to one side to cool down for 15 minutes. During cooking, a lot of fat will come out of the duck so pour it into a jar (making sure it's just the fat and no meat juices) and save it for roasting your potatoes another day.

To make your sweet and sour sauce, pour a little glug of olive oil into a large pot and fry the diced pancetta in it until lightly golden, then add the onion, carrots, celery, rosemary, cinnamon and garlic and fry slowly for 10 minutes until the veg have softened. Add the tomatoes to the pan and pour in the red wine. Simmer slowly, allowing the sauce to blip away nicely, for another 25 minutes, then pull all the duck meat from the bone, shred it and add it to the tomato sauce. Simmer for another half an hour, adjusting the consistency if need be by adding a little chicken stock or water. Remove the cinnamon stick, taste the sauce, correct the seasoning and throw in your sultanas and pinenuts.

Put your pasta in a pot of salted boiling water and cook it according to the package instructions, then drain in a colander, reserving some of the cooking water. Toss the pasta into the sauce, mix well, then remove from the heat and stir in the butter, Parmesan, parsley, orange zest and juice and a good splash of vinegar. Loosen the sauce with some reserved cooking water if you need to. Check once more for seasoning, then serve immediately, either on one large platter or on individual plates; with another grating of Parmesan.

Matt's wine suggestion: Italian red – Barbera

serves 4–6

1 duck
olive oil
sea salt and freshly ground black pepper
1 orange, quartered
1lb 6oz occhi di lupo
or rigatoni
2 knobs of butter
a large handful of freshly grated Parmesan cheese, plus extra for serving
a small bunch of fresh flat-leaf parsley, finely chopped
zest and juice of 1 orange
red wine vinegar

for the *agro dolce* sauce

olive oil
6 slices of pancetta, finely diced
1 red onion, peeled and finely diced
2 carrots, peeled and finely chopped
2 sticks of celery, trimmed and finely diced
6 sprigs of fresh rosemary, leaves picked and finely chopped
1 stick of cinnamon
4 cloves of garlic, peeled and finely sliced
2 x 14oz cans good-quality plum tomatoes
½ a 750ml bottle of fruity red wine like Valpolicella or Barbera
optional: chicken stock
a handful of sultanas
a large handful of pinenuts