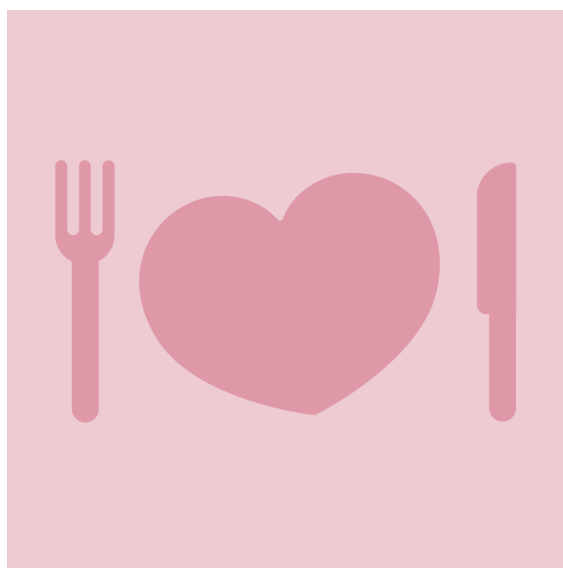




# DUCK LEG RAGU

**Difficulty:** Easy

**Serves:** 5



## INGREDIENTS

5 Luv-a-Duck, Duck Legs  
1 onions, finely chopped  
1 carrot, peeled & diced  
3 garlic cloves, sliced  
2 celery stalks, finely sliced  
1 tablespoon plain flour  
1/2 bottle rich red wine  
400g crushed tomatoes  
500mls x Luv-a-Duck, Duck Stock  
2 bay leaves  
2 tbsp chopped thyme  
2 tbsp Italian parsley, roughly chopped  
Sea salt and pepper to taste  
Shaved parmesan to garnish

## METHOD

1. Pat the duck legs dry and cut in half and season with salt.
2. Heat a heavy based saucepan over high heat and brown the duck pieces on both sides.
3. Remove duck from saucepan and set aside.
4. In the same saucepan saute the onion, carrot, garlic, and celery, and thyme for 5 minutes.
5. Add the flour and cook.
6. Add the red wine, then tomatoes and duck stock, bring to the boil and stir.
7. Add the duck legs, bay leaves and simmer uncovered for 90mins.
8. Remove the duck pieces and once cooled enough to handle, remove meat from the bones and discard the bones. Whilst doing this, if the sauce is still too thin, place back on heat and reduce a little more.
9. Return the meat to the saucepan, season well with salt and pepper.
10. Cook the pasta in salted boiling water. Drain well, then combine with the ragu and parsley, tossing well to coat.

## CHEF'S TIPS

Divide among five plates and scatter with shaved parmesan.