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DUCK LEG RISOTTO

WITH PORCINI AND TRUFFLE

Difficulty: Easy

Serves: 4



INGREDIENTS

Duck

4 Luv-a-Duck Duck Legs
1.32 kg Luv-a-Duck Duck Fat
1 orange, zested
2 star anise
1 cloves
8 coriander seeds
1 clove garlic
¼ bunch thyme
1kg rock salt

Risotto

2 tbsp. olive oil
1 large onion, diced
1 clove garlic, crushed and chopped
1 strip thyme, leaves stripped
¼ bunch parsley, washed and chopped
1lt Luv-a-Duck, Duck Stock
350gm arborio rice
1 cup dried porcini mushrooms, rehydrated in 500ml water (this water will then be kept and added to the duck stock to cook the rice with)
50gm parmesan cheese grated to finish
20gm butter
truffle oil to garnish
salt and pepper to taste

METHOD

1. Pre-heat oven to 110°C.
2. In a mortar and pestle, lightly crush the spices and mix in the salt, garlic, thyme and zest.
3. Place the duck legs into a tray lined with silicon paper, place the salt mix over the duck legs.
4. Place the tray of ducks into the fridge for 3 hours
5. After 3 hours remove the duck from the fridge and wash the salt under cold water.
6. Place the duck legs onto paper towel and pat them dry. Make sure all excess water is dried well so as not to add it to your fat. It may splatter while cooking.
7. Place the duck legs into a small deep tray, cover with duck fat. Then cover the tray with baking paper and foil tightly.
8. Place the tray of duck legs into oven for approx. 3 hours. Until duck is cooked. (if you try to twist the leg bone it should pull away from the meat easily)
9. Once cooked remove the thigh bone and clean any excess skin from the duck and shred.

To cook the risotto and finish the dish

10. Heat oil in a deep-frying pan over a medium heat sauté the onion, garlic and thyme for 2 minutes until they become translucent. At this stage, you can add a little salt to help break down the onion.
11. Cook with no color being added to the onion or garlic.
12. Heat the duck stock and porcini water in a saucepan until liquid begins to boil, keep warm.
13. Stir in the Arborio rice and toast for 2 minutes stirring well so the rice does not stick.
14. Stir in one ladle at a time of hot duck stock stirring occasionally until all the liquid is absorbed. Repeat until all the stock has been absorbed and rice is al dente.
15. NOTE: If rice is still firm you may need to add a little more water or stock
16. Stir in the duck leg meat, porcini mushrooms, parsley, parmesan and butter. Adjust seasoning at this point.
17. Plate risotto and drizzle with a little truffle oil to serve.

Recipe courtesy of Chef Ian Curley