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DUCK LEG SCHNITZEL WITH ITALIAN COLESLAW

Difficulty: Easy

Serves: 4

Prep: 20 minutes

Cooking: 30 minutes



INGREDIENTS

For the schnitzel

4 Luv-A-Duck Duck Legs, boned, skinned and bashed out
3 large free range eggs
80ml milk
60g (about ½ cup) plain flour
160g Panko (Japanese) breadcrumbs
20g (1 tablespoon) freshly grated parmesan cheese
20g (¼ bunch) parsley leaves, picked & washed, finely chopped
Zest of 1 lemon
Sea salt & freshly milled black pepper
120ml canola oil
80g unsalted butter

Italian coleslaw

½ wombok
1 red onion
½ cup peas – frozen or fresh
5 small radishes
½ bunch basil
½ bunch mint
1/2 cup powdered parmesan
Pinch of dried chilli (if desired)

Cabbage Salad

½ purple cabbage
200g pomegranate arils (or arils from ½ pomegranate)
1 red onion thinly sliced
½ bunch coriander leaves

Dressing

1 tsp pomegranate molasses
1 tbs olive oil
Juice of half a lemon
Salt and pepper

METHOD

1. Use a meat tenderizer to flatten each duck leg (sandwiching the meat between 2 freezer bags will assist).
2. Beat the eggs & milk together with a pinch of salt & a couple of turns of the pepper mill.
3. Mix the crumbs with the lemon zest, parsley & parmesan, add a pinch of salt and pepper.
4. Lightly dust the legs in the flour, then coat them with the egg, then coat them with the crumbs, taking care to press the crumbs on firmly.
5. Place the crumbed legs on a tray in the fridge until you are ready to cook them.
6. Shallow fry the crumbed leg in olive oil on a medium heat till golden brown on one side, flip over and place in the oven until cooked through.
7. To make the Italian coleslaw, chop all the ingredients finely and dress with parmesan lemon juice, olive oil and season well.

Recipe courtesy of Chef Ian Curley

CHEF'S TIPS

Instead of pairing the schnitzel with Italian coleslaw, try a red cabbage and pomegranate salad.