



ONE TRAY DUCK AND CAPSICUM BAKE

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD



Difficulty: Easy

Serves: 4

Cooking: 1.5 hours

INGREDIENTS

4 Luv-a-Duck Fresh Duck Legs
1 onion, sliced
1 yellow capsicum, seeded and cut into 1 cm strips
1 red capsicum, seeded and cut into 1 cm strips
½ cup raisins
2 waxy potatoes, peeled and cut into wedges
2 bay leaves
2 pieces of orange peel
¾ cup white wine
2 cups chicken stock
Salt and pepper

METHOD

1. Pre heat the oven to 180°C.
2. Season the Duck Breasts with salt and pepper. Place a large stovetop-safe baking dish* on a low-medium heat and add the Duck legs, skin side down and cook for 6 minutes until the fat has rendered. Remove the Duck legs and drain the excess fat, leaving behind only one tablespoon.
3. Add the onions, capsicum, raisins, potatoes, bay leaves and orange peel and sauté over a medium heat until softened. Now add the wine and bring to the boil. Nestle in the Duck legs amongst the vegetables and pour in the stock.
4. Bake in the oven for one hour or until the meat almost falls off the bone. Serve in the middle of the table with a simple green leaf salad.

*If you don't have one, use a frying pan then transfer to a baking dish