

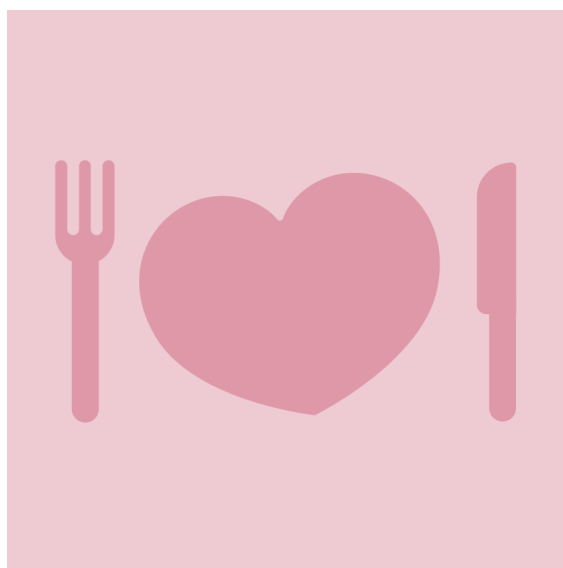


ROAST DUCK LEG RISOTTO

Risotto is easy to cook but there are a couple of things to remember - use a good quality arborio rice and heavy based sauce pan.

Difficulty: Easy

Serves: 2 - 3



INGREDIENTS

2 Luv-a-Duck Confit Duck Legs
1 tbsp olive oil
1 large onion, chopped
1 clove garlic, chopped
1 cup arborio rice
4 cups Luv-a-Duck duck stock
1 tbsp thyme, chopped
Salt and freshly ground black pepper
1 tbsp butter

METHOD

1. Remove the meat from the roast duck legs, slice and place on an oven tray ready to put under a hot grill to crisp and warm.
2. Put the stock on to simmer.
3. Heat the oil in a suitable size heavy-based pan.
4. Add the onion, garlic and cook for a couple of minutes without letting it colour.
5. Add the rice and toast for a couple of minutes, add the thyme, and then add a ladle of stock to the rice and stir till well absorbed.
6. Add another ladle of stock and stir well till absorbed and continue to cook, adding the stock and stirring all the time.
7. Place the cut up duck meat under a hot grill to crisp and warm.
8. When adding the last lot of stock add the cut up duck meat reserving one or two bit of the crispy skin to serve on top.
9. Stir and allow to thoroughly heat through.
10. Add a spoonful of butter and mix in well taste and correct the seasoning.
11. Serve in warm bowls with topped with crispy skinned duck.