



COCONUT BRAISED DUCK LEGS WITH PUMPKIN

Serves: 60

Time: 1.5 hours

Marinade: 60 legs (15kgs)

Braising: 4 trays of 15 legs each (60 legs)



INGREDIENTS

First Marinade for Duck Legs

For 60 Legs

- 60 duck Marylands legs
- 4 litres Healthy boy light Soy sauce
- 1kg Caster sugar
- ¼ cup finely crushed white peppercorns

Second Braise

For each of 4 tray of 15 legs

- 2 tins coconut milk
- 1 red banana chilli split
- 4 lime leaves
- 1 lemongrass stalk crushed
- Ginger
- Thai basil stalks
- Japanese pumpkin, cut into pieces
- 2 bunch bok choy

METHOD

Marinade:

1. Combine ingredients until sugar is dissolved.
2. Add duck marylands.
3. Marinate for 24hrs.

Braise:

1. Place milk, lime leaf, lemongrass, chilli, ginger in tray.
2. Remove legs from marinade. Place 15 legs **skin side up (for browning)** in Rationale tray. Do not cover.
3. Cook at 140 degrees, 100% heat for 1 ½ hours.

Serving suggestion

Japanese pumpkin, cut into pieces, seasoned, add olive oil and bake for ½ hour at 140 degrees. Garnished with crispy shalots, coriander leaves and thai basil.

Bok Choy, boiled for 5 minutes.