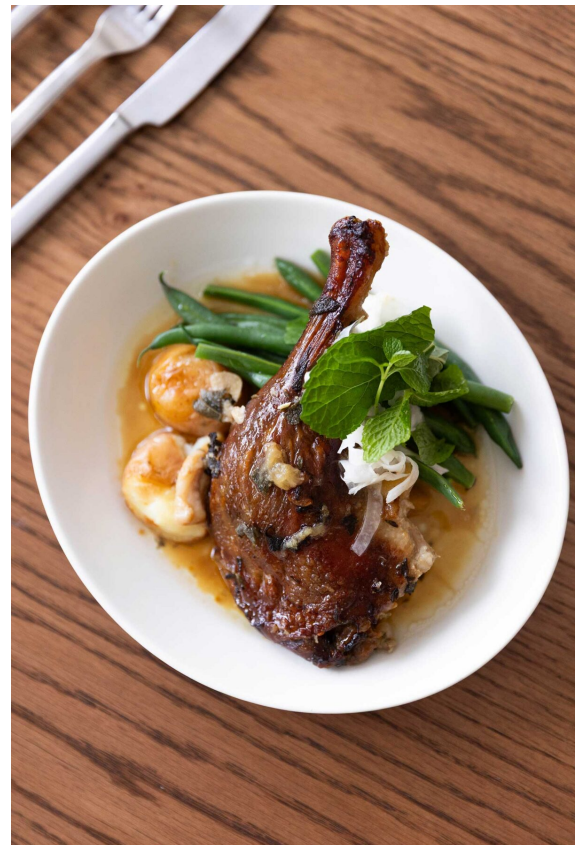




ROAST DUCK MEDITERRANEAN

Serves: 20

Time: 1.5 hours



INGREDIENTS

- 20 duck Marylands legs (5kgs)
- Sea salt
- 3 bay leaves
- 1 bunch sage
- 1/2 bunch thyme
- 1/2 bunch flat leaf parsley
- 9 cloves garlic, peeled (1 crushed, 2 sliced)
- 8 lemons, zest removed. Cut into pieces
- 1 bunch parsley chopped
- 1 litre chicken stock

METHOD

1. Marinate duck with lemon, garlic, thyme, sage and stock. For best results marinate for 24 hours.
2. Bake in oven at 180 degrees for 1.5 hours, **skin side up**, covered with foil.
3. Remove foil for last 20 minutes.

Serving suggestion

Serve with roast potatoes and green beans.

Optional mint and pickled fennel salad.