



CIDER BRAISED DUCK LEGS

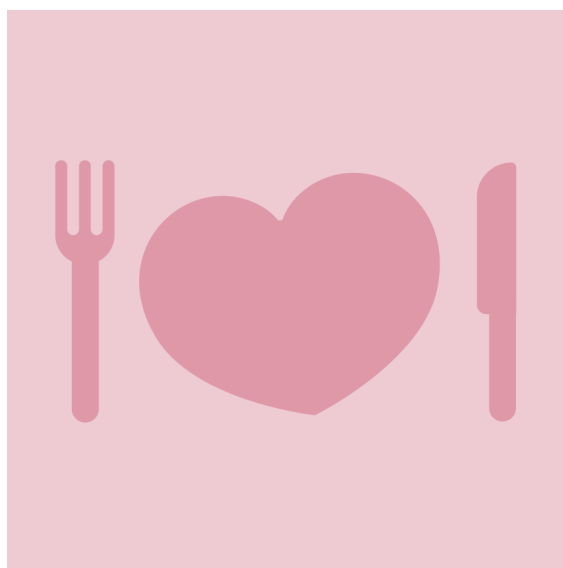
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Difficulty: Easy

Serves: 4

Prep: 10 minutes

Cooking: 1 hour 30 minutes



INGREDIENTS

4 Luv-a-Duck Duck Legs
1 tblsp olive oil
1 onion, finely chopped
1 clove garlic, crushed
1 carrot, peeled & diced
2 sml sticks celery, finely sliced
300ml apple cider
1 tblsp vincotto
1 sprig thyme leaves
Salt & pepper to season

METHOD

1. Remove the duck legs from the packaging. Rinse under running water and pat dry with paper towel. Season with salt & pepper.
2. In a heavy based saucepan, heat the oil over a medium heat and brown the duck legs well on all sides 4-5 minutes. Remove and set aside.
3. Add the vegetables to the saucepan and sauté 3-4 minutes stirring constantly.
4. Return the duck to pan and stir in the apple cider, vincotto and thyme.
5. Reduce the heat and simmer covered 1 ½ hours, stirring occasionally.
6. Serve braised duck legs over a bed of creamy mashed potato, polenta or lentils, ladle over sauce and vegetables, garnish with fresh thyme.

CHEF'S TIPS

Apple cider maybe replaced with pear cider or apple or pear juice. For a delicious difference replace cider with a dark ale or wheat beer.

Braised duck legs maybe cooked well ahead of time and stored in the refrigerator for up to 4 days or frozen in an airtight container for up to 3 months.