

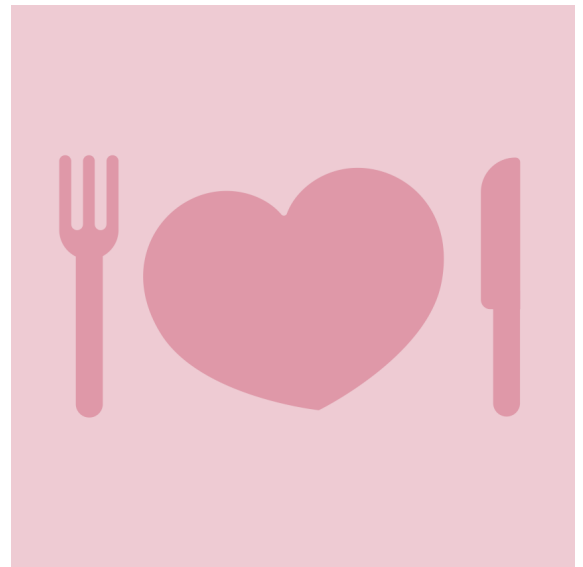


CLASSIC BRAISED DUCK LEGS

This is one of the best ways to cook duck legs, long and slow.

Difficulty: Easy

Serves: 4



INGREDIENTS

4 Luv-a-Duck, Duck Legs
1 medium onion, diced
1 clove garlic, chopped
1 large carrot, peeled & diced
1 stick celery, sliced
1 glass dry white wine
500ml duck stock
1 sprig thyme
1 bay leaf
4 kipfler potatoes, washed and cut
Sea salt & freshly ground black pepper

METHOD

Heat a fry pan, season the duck legs with salt & pepper, and place the legs in skin side down and allow to brown about 3-4 mins.

Turn over and seal the other side.

Remove from the pan and place in an ovenproof dish.

Pour off the duck fat and return the pan to the heat and add the onion & garlic and cook for a couple of minutes, add the carrot and celery and cook for a further couple of minutes.

Deglaze the pan by adding the white wine and allow it to boil. Add the duck stock and the herbs and return to the boil.

Spoon the vegetables and stock over the duck legs cover and cook in a hot oven for 45 minutes. For a crispy skin do not cover.

After 1 hour remove from the oven and spoon off any duck fat that has come to the surface.

Add the potatoes and return to the oven for a further 15 mins or until the potatoes are tender.

CHEF'S TIPS

Serve in large soup plates with crusty bread.

To remove the very last bit of fat from a dish like this use a sheet of absorbent kitchen paper quickly lay it on top of the liquid fat, lift it off and discard.

Serving suggestion:

For a change omit the potatoes and add in a tin of crushed tomatoes, sliced pancetta and a few pitted kalamata olives.