



CONFIT DUCK WITH BLOOD ORANGE SAUCE

Difficulty: Easy

Serves: 4

Prep: 30 minutes



INGREDIENTS

2 x pack of 500g Luv-a-Duck Confit Duck Legs

1 teaspoon Chinese 5 spice powder

¼ bunch coriander to garnish

Steamed rice to serve

Blood Orange Sauce:

1 cup water

1/2 cup honey

1 blood orange, sliced (or use regular oranges when out of Season)

¼ cup fish sauce

2 star anise

2 cinnamon quills

Juice of 1 lime (around ¼ cup)

METHOD

To make the blood orange sauce, combine the water and honey in a small pan and bring to the boil. Reduce heat to a gentle simmer, stirring occasionally for 5-6 mins.

Add in the oranges slices, fish sauce, star anise and cinnamon. Simmer for a further 5 mins to infuse. Stir through the lime juice and remove from the heat. Keep warm.

Meanwhile for the duck, pre-heat the oven to 190 degrees C. Remove the duck from the pack and place skin side up on a lined baking tray. Sprinkle with 5 Spice powder and roast in the oven for 15-20 mins, or until golden and crisp.

Allow to rest for 5 mins before placing onto a serving platter. Drizzle over the blood orange sauce and garnish with coriander. Serve with steamed rice and Asian greens.

Recipe by Courtney Roulston and courtesy of Farm-to-Fork

CHEF'S TIPS

You can use plums, blood oranges cherries or even regular oranges- depending on Seasonality and availability.