



DUCK A L'ORANGE SOUP WITH TIM BONE



Difficulty: Easy
Serves: 4
Prep: 10 minutes
Cooking: 15 minutes

INGREDIENTS

- 1 pack of Luv-a-Duck A L'orange legs
- 1 tbsp duck fat or olive oil
- 1 brown onion, finely diced
- 4 cloves of garlic, finely chopped
- 1 celery stick, diced
- 1 carrot, peeled and diced
- 4 sprigs of thyme
- 2 bay leaves
- 1 cinnamon quill
- 2 star anise
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1L chicken stock
- 2 navel oranges, juice and zest
- Salt and pepper to taste

METHOD

1. In a large saucepan, add duck fat or olive oil over medium heat.
2. Add onion, carrot and celery. Cook, stirring for 3-4 minutes or until onions are soft.
3. Add garlic, thyme and bay leaves. Cook, stirring for 30 seconds.
4. Add cinnamon quill, star anise, cumin and coriander. Cook, stirring for 1 minute
5. Add the stock, orange juice and zest. Season with salt and pepper. Bring to the boil and simmer gently for 5-10 minutes for the soup to deliver flavour.
6. Heat the duck in the microwave or oven as per packet instructions. Remove and shred the meat with forks, discarding the bones. Add the shredded duck to the soup and remove from the heat.
7. Remove bay leaves, cinnamon and star anise from the soup and discard. They've done their job!
8. Season to taste and serve!