



DUCK BRAISED IN COCONUT

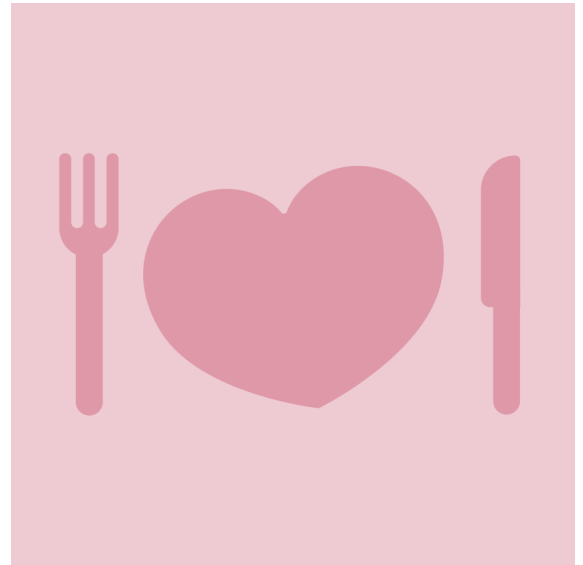
BY CHEF ADAM D'SYLVA

Difficulty: Easy

Serves: 15

Prep: overnight

Cooking: 1½ hours



INGREDIENTS

15 Luv-a-Duck, Duck Legs

Marinade:

1 litre Healthy Boy Soy Sauce

100g caster sugar

1 Tblsp finely crushed white peppercorns

1 mandarin or orange peel

Duck Braise:

2 400ml tins coconut milk

1 red banana chilli, split

4 lime leaves

1 lemongrass stalk, crushed

Ginger trimmings

METHOD

1. Combine marinade ingredients until sugar is dissolved. Marinate duck legs in mixture for 24hrs.

2. Place milk, lime leaf, lemongrass, chilli, ginger in tray.

3. Place duck legs in a row skin side up.

4. Cook at 140° 100% heat for 1 ½ hours, until golden and tender.

Serve with your choice of yellow curry sauce, steamed jasmine rice, coriander leaves or taro chips.