



DUCK CARNITAS

Difficulty: Easy

Serves: 4-6

Cooking: 2 hrs



INGREDIENTS

4 x Luv-a-Duck, Duck Legs
1 tbsp extra virgin olive oil
½ red onion, diced plus an extra half for salsa
2 garlic cloves, sliced
1 tsp ground cumin
1 tsp smoked paprika
1 tsp red chilli flakes
½ bunch coriander roots and stems, chopped and leaves reserved for salsa
1 tbsp chipotle in adobo
1 tbsp vinegar
1 tsp tomato paste
1 cup chicken stock
1 corn on the cob, charred under the grill
2 ripe tomatoes, seeded and diced
12 small corn or wheat tortillas to serve
Lime wedges to serve
Salt & pepper

METHOD

1. Preheat oven to 160°C.
2. Heat a casserole pan to medium heat and add the duck legs skin side down, no oil required. Cook for 10 minutes until the fat starts to render. Turn over and cook for a further 2-3 minutes. Remove the legs from the pan and drain most of the excess fat, leaving about 1 tablespoon. Don't discard fat, place in a jar and use for crispy potatoes at a later date.
3. Sweat ½ the onion, garlic and spices till fragrant, then mix in tomato paste along with coriander roots and stems, vinegar, chipotle in adobo and stock. Return the duck and place the lid on the casserole and cook in the oven for 2 hours or until duck meat falls off the bone. Once cooked remove meat from bones to make pulled duck and discard fat. Allow the sauce to bubble away to reduce by a further third. Fold the duck through.
4. For the salsa, cut kernels off the corn and mix with the diced tomatoes, onions, salt pepper and lime juice. Serve tortillas hot with duck carnitas, corn salsa and coriander leaves to garnish. Finish with a generous squeeze of lime.