



DUCK TAGINE

TAGINE REFERS TO THE TYPE OF DISH USED TO COOK THIS TYPE OF MEAL IT IS A ROUND EARTHENWARE DISH WITH A CONICAL LID THAT IS PLACED ON TOP OF AN OPEN FLAME AND ALLOWED TO COOK LONG AND SLOW. USING AN OVENPROOF DISH WITH A LID WILL YIELD THE SAME RESULTS.

Difficulty: Easy

Serves: 4



INGREDIENTS

4 x Luv-A-Duck, Duck Legs
2 garlic cloves
1 onion large, diced
1 carrot large, diced
2 tsp ras el hanout
1/2 cup pitted olives
1 slice of preserved lemon
2 tsp pistachio nuts
1 pomegranate – seeds
1 bay leaf
8 dried apricots, sliced
2 cups Luv-A-Duck duck stock
Fresh coriander leaves to garnish

METHOD

1. Heat a fry pan and season the duck legs with a little salt and pepper.
2. Place skin side down in the fry pan and allow to brown turn over and cook for one minute.
3. Remove from the pan and place into the tagine or oven dish.
4. Pour off excess duck fat, put the pan back onto the heat and add the garlic and onions to the pan and allow to cook for 1 – 2 minutes.
5. Add the carrot and the Ras el hanout allow to cook for a couple of minutes.
6. Add the bay leaf apricots and stock and bring to the boil.
7. Pour over the duck legs and cover and place and scatter the olives and preserved lemon then into the oven for 1 1/2 hours at 180C.
8. When cooked remove from the oven skim off any excess duck fat that may have come to the top.
9. Scatter chopped pistachio nuts, pomegranate seeds and coriander leaves over the top.
10. Serve with cous cous and flat bread.

CHEF'S TIPS

Place the whole tagine pot in the middle of the table (place a heat resistant board underneath) with the cous cous and flatbread and let everyone serve themselves.