



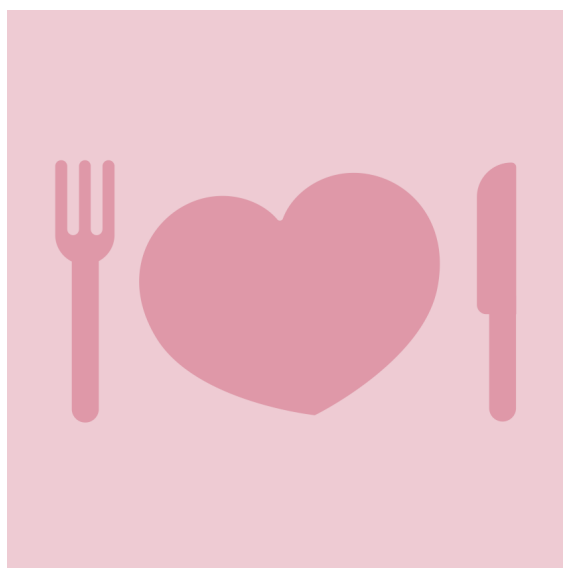
DUCK TAGINE

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 2 hours



INGREDIENTS

2 tbs. olive oil
1 Luv-a-Duck Whole Duck, cut into 8 pieces
1 onion, sliced
2 cloves garlic, sliced
2 bay leaves
1 pinch saffron
2 tsp. ras el hanout
1 cinnamon stick
2 slices of preserved lemon, skin only and finely sliced
¾ cup green olive, stones removed
1 tbs. tomato paste
1 tomato, cut into quarters
2 cups of Duck stock (or chicken stock)
½ sweet potato, cubed
1 potato, cubed
1 can of chickpeas, drained
1 bunch coriander, stalks finely chopped

METHOD

1. In a large pan sear the duck, skin side down over a medium heat until the duck fat start to render away.
2. In a tagine or large casserole dish, heat oil and sauté the onion, garlic, coriander stalks and bay leaves. Add the duck pieces and all the spices. Cook for 3-4 minutes then add the preserved lemon, olives, tomato paste and tomatoes. Cook for a further 2 minutes then add the chicken stock. Bring to the boil then place the lid on and cook over a very low heat for 1 and a ½ hours. Add the sweet potato, potato and chickpeas 30 minutes before the cooked.