



MISO DUCK LEGS

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 1 hour 30 minutes



INGREDIENTS

4 Luv-a-Duck, duck legs
5 cm piece of ginger, sliced
3 gloves garlic sliced
1 red chilli, cut in half
½ bunch spring onions, dark leaves discarded
100ml sherry
100ml soy sauce
1 tbs. white miso paste
1 cup of chicken stock or water

4 radish, finely sliced
2 sprigs of coriander
½ a butter lettuce, leaves picked and washed
Steamed rice, to serve
Chilli sauce

METHOD

1. Remove the duck from the fridge 20 minutes before cooking. Pat the skin dry. Preheat the oven to 160C.
2. Place a large oven-safe pan over a low heat and add the legs skin side down. Once it just starts to sizzle turn the heat up medium and slowly cook to render off as much fat as possible. This will take about 5-8 minutes. Turn over and sear for another 4-5 minutes.
3. Drain off all the fat and then add the ginger, garlic, chilli and spring onions. Add the sherry, followed by the soy. Mix the miso paste into the stock and then pour into the pan. Bring to the boil before turning the heat down. Cover with baking paper and then place the lid on top.
4. Cook in the oven for 45-60 minutes turning the duck half way through the cooking process. Once cooked remove the meat from the pan and allow to cool enough to handle. Skim off any excess fat from the sauce and bring to boil to thicken and create a glaze. Discard the skin from the duck and pull the meat away from the bone. Place the meat back into the sauce. Serve in the middle of the table where everyone fills lettuce leaves with a little rice, the duck meat, radish, coriander and chilli sauce.