



SLOW COOKED SPICED DUCK SALAD

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 4 hours



INGREDIENTS

Paste

1 Luv-a-duck Whole Duck
4cm piece of ginger
3 cloves garlic
1 long red chillies
1 heaped tsp. Chinese five-spice powder
4 spring onions
½ tsp. sesame oil
2 tbs. vegetable oil

1 handful of bean sprouts
¼ cup crispy fried shallots
¼ cup unsalted peanuts, toasted
½ cup loosely packed Thai basil leaves
½ cup loosely packed mint leaves
1 cup coriander loosely packed leaves picked

Dressing

2 tbs. fish sauce
1 tsp. caster sugar
1 tbs. thick soya sauce
Juice 1 lime
2 tbs. water

METHOD

1. Preheat the oven to 160C.
Remove the duck out of the fridge 45 minutes before cooking.
Prepare the duck by removing the neck and cutting off the wing tips.
Dry the duck inside and out with paper towelling and pierce all over with a skewer.
2. To make the paste blitz all of the ingredients together in a food processor until a smooth mixture forms. Rub the paste all over the duck and add a little to the cavity. Place on a large pieces of baking paper and wrap fastening with butcher's twine. Now wrap in two pieces foil. Place in a baking tray and cooking in the oven for 3 ½ hours. The meat will be very tender after this long slow cook. Remove from the oven and allow to cool long enough to handle. Pick the meat and discard the fat, skin and bones.
3. For the dressing whisk all the ingredients together.
Toss the shredded duck in a large bowl with the remaining ingredients and drizzle over the dressing just before serving.