



MASTER STOCK BRAISED DUCK

Difficulty: Easy

Serves: 4

Cooking: 1.5 hrs



INGREDIENTS

4 Luv-a-Duck Fresh Legs
2 large cloves garlic, sliced
3cm piece ginger, julienned
½ bunch coriander, stems and leaves separated
1 star anise wheel
1 cinnamon quill
2 strips orange peel
½ cup Shaoxing wine (Chinese cooking wine)
½ cup soy sauce
1 tablespoon sesame oil
¼ cup brown sugar
3 cups water
1 long red chilli, sliced to serve
2 green spring onions, shredded and soaked in iced water
1 cup white rice to serve
Steamed Asian greens to serve

METHOD

1. Pre heat the oven to 180°C. Place the duck skin-side down, in a frying pan over a low/medium heat. Cook for 8-10 minutes to render out some of the fat.
2. Turn over and brown on all sides.
3. Transfer the duck to a roasting pan and drain most of the oil from the pan and reserve it for another recipe.
4. Return the pan to a medium heat and cook the garlic, ginger and coriander stems for 1 minute or until aromatic. Add in the star anise, cinnamon, orange peel, wine, soy, sesame oil, sugar and water. Bring the stock up to the boil, then reduce to a simmer for 5 minutes to infuse. Pour the master stock over the duck, cover with foil and roast for 45 minutes.
5. Meanwhile, steam the rice in a pot for 20 minutes, set aside and keep warm.
6. Turn up the oven to 220 degrees. Transfer the duck to a clean oven tray and roast for a further 10 minutes, or until the duck skin is golden.
7. Strain the master stock into a saucepan and simmer for 15 minutes, or until reduced and thickened.
8. Serve the duck with steamed rice, steamed greens and garnish with coriander leaves, green shallots and sliced red chilli.

CHEF'S TIPS

Recipe by Courtney Roulston and courtesy of Farm-to-Fork