



ROASTED DUCK LEG STUFFED CABBAGE LEAVES

Difficulty: Easy

Serves: 4

Cooking: 1 hour



INGREDIENTS

4 large savoy cabbage leaves
4 x Luv-A-Duck, Duck Legs
1 french shallot, finely diced
1 tbs dijon mustard
2 tbs parsley, finely chopped
1 tbs mint, finely chopped

Tomato dressing:

1 tsp dijon mustard
1 tbs red wine vinegar
4 tbs olive oil
1 tomato, skin removed,
deseeded and very finely
chopped
1 tbs chives, finely chopped
Salt and pepper

METHOD

1. Preheat the oven to 180C.
2. For the filling, place duck legs on a baking tray, season with salt and cook for 40 minutes.
3. Drain away any excess fat and allow them to cool slightly.
4. In the meantime, make the dressing by combining all the ingredients in a bowl. Reserve for later.
5. Bring a large pot of salted water to the boil.
6. Plunge the cabbage leaves into the water and cook for 2 minutes.
7. Remove and place in a bowl of icy cold water. Now pat dry with a tea towel to remove excess water.
8. Once the duck is cool enough to handle, pick the meat off the bones, roughly chop it and mix in a bowl together with the shallots, mustard and herbs.
9. Place about 2 tbs of the duck mixture at the base of each cabbage leaf and tightly roll into a cylinder.
10. Place in the fridge until ready to serve.
11. To reheat, poach the wrapped cabbage leaves in a pot of simmering water for 8-10 minutes. Place in the centre of the plate with a spoonful of the dressing.