



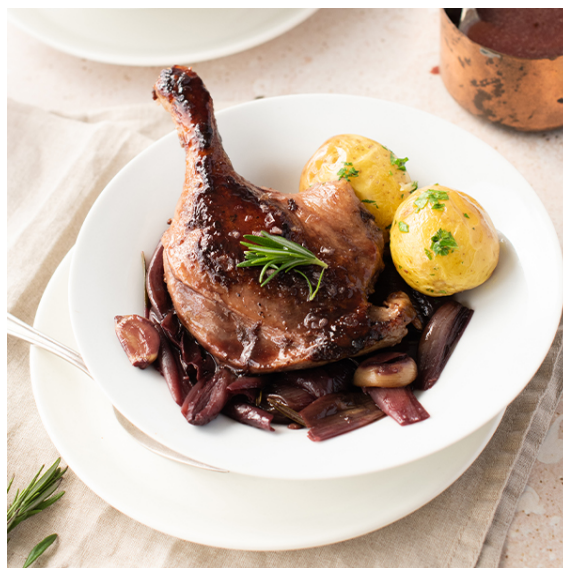
SLOW COOKED DUCK LEGS IN RED WINE SAUCE

Difficulty: Easy

Serves: 2

Prep: 5 mins

Cooking: 1 hour 40 mins



INGREDIENTS

1 pack x 440g Luv-a-Duck Fresh Duck Legs

1/2 tsp Chinese spice

4 garlic cloves, whole

2 sprigs Fresh Rosemary

4 French shallots, halved

300mL red wine

2 Tbsp plum jam

4 new potatoes

1 Tbsp parsley, finely chopped

1 Tbsp butter, Melted

METHOD

1. Preheat oven to 170°C.
2. Season the duck legs with salt, pepper and Chinese spice. Place duck legs skin side down in a dry pan over medium heat for 3-4 mins. Take out of the pan and place in a deep baking tray or casserole dish skin side up.
3. Add the garlic cloves, rosemary, shallots, red wine and plum jam to the pan. Cover tightly with alfoil and then bake in the oven for 1 ½ hours.
4. After 45 mins, place the whole potatoes on the bottom oven rack and cook for a further 45 mins. When cooked through, toss the potatoes in butter and parsley and serve with the duck legs.