

Delicious, Marinated Confit Duck

INGREDIENTS

Duck

8 Duck Legs

2 tsps Five Spice

2 tpls Duck Fat

Cracked Black Pepper to taste

Plums

1 per serving, halved and stoned

25g butter

1 tsp mixed spice



Serves 6

The Method

Duck

The day before:

Prick the duck legs all over with a fork

Melt the duck fat, add the spices and brush over the legs

Leave to marinate over night

Pre heat oven to 200C and cook the duck for 10 minutes, then turn down heat to 160C and cook for a further 1.5hrs

Remove from the oven and cool (you can do all of this the day before)

When cool pull leg bone gently away from the meat of each leg – the thigh bone may also come away.

Finish Off - ½ hour before serving:

Preheat oven to 180C

Reheat duck for 25-30 minutes

Serve

Plums

Sauté plums in butter and spice for 5 minutes

