



This was the 3rd meal we got out of a special offer Duck at £7. So Portion by portion it was better value than a similar sized Chicken and so much better tasting.

Ingredients:-

2 Duck Legs (We also added the Wings, but there's really not much meat on them)
1 Onion, finely diced
2 Cloves of Garlic, minced
125Ml of Red Wine (£1.25 from the local B&Ms ? probably not good drinking, but good for cooking)
300Ml of Chicken Stock
1 Orange, Zested, plus the juice of half of it
1 Tbsp of Tomato Puree
1 Bay Leaf
30G of Margarine
2 Tbsp of Balsamic Vinegar
8 Shallots, peeled and trimmed
1 Tbsp of Parsley, chopped (We have a Parsley plant of the undead on the balcony!)
2 Tbsp of Olive Oil
5 Tbsp of Water
Salt & Pepper to season

Method:-

(1) Heat 1 Tbsp of Oil over a medium heat. Season the Duck with Salt & Pepper and fry for 3 to 4 minutes on each side.

- (2) Remove and set aside.
- (3) Add the Onions and fry until softened.
- (4) add $\frac{3}{4}$ of the minced Garlic and fry for 20 seconds.
- (5) Stir in the Wine, Stock, Orange Juice, Tomato Puree and Bay Leaf.
- (6) Season with Salt & Pepper and bring to the boil.
- (7) Return the Duck Legs to the pan.
- (8) Cover and cook for about an hour over a low heat, until cooked.
- (9) Add the Oil, Vinegar and Water and season to taste.
- (10) Melt Margarine over a low heat in a different pan.
- (11) Stir in the Shallots, cover and cook for about 30 minutes, stirring occasionally.
- (12) Uncover for the last 10 minutes.
- (13) Preheat the grill to a high heat.
- (14) Place the Duck Legs on the rack and grill until crisp.
- (15) Bring the sauce to a boil and add 10g of Margarine stirring until the sauce thickens.
- (16) Mix the remaining Garlic with the Orange Zest and Parsley.
- (17) Spoon the Sauce over the Duck and garnish the Parsley.
- (18) Serve with the Sticky Shallots.

Duck is quite a fatty meat, which is good, as the flavour and richness mean you don't feel the need to eat quite as much. This was a restaurant standard meal made from really inexpensive ingredients.