

The other afternoon after I got back from a short shift we had the usual ?What do you fancy for dinner? conversation. But neither of us had a plan. On occasions like this I usually go to the supermarket, find something appealing and we build a recipe around it. But these Duck Legs were clearly mispriced and deserved something a bit special. Even the staff thought the price at £1.75 was wrong, but that?s what the system said, far be it from me to disagree. We had the remains of a bottle of Red Wine from a few months ago when we had a guest. So a bit of Googling and recipe alteration resulted in this!

Ingredients:-

- 2 Duck Legs
- 2 Tbsp plain flour (gluten free for us)
- 1 Tbsp sunflower oil
- 2 Small Carrots , chopped
- 1 Onion , chopped
- 2 Garlic cloves , roughly chopped
- ½ a Bottle cheap Red Wine
- 4 Sprigs of Thyme & 2 Bay Leaves
- 140g Smoked Bacon lardons
- 120g baby button mushroom
- Salt & Pepper to season

Method:-

(1) Heat oven to 180C/160C fan/gas 4. Tip the duck into a large bowl and season. Scatter over the

flour and toss until coated. Heat the oil in a large ovenproof casserole dish with a lid and slowly brown the Duck on all sides. Remove the duck to a plate, then add the carrots, onion and garlic to the dish and cook for 5 mins until just starting to colour.

- (2) Nestle the duck amongst the veg and pour over the wine. Add the herbs, season, then bring everything to the boil.
- (3) To serve, heat a pan and sizzle the Lardons for 5 mins. Turn up the heat, add the mushrooms and cook for 3-4 mins. Return the duck and sauce to the dish and simmer for 10 mins until the sauce has reduced a little. Serve each person a duck leg with some sauce spooned over.

We served this with Broccoli on a bed of mashed Potatoes. It really didn?t need anything else and was really tender.