

RECIPE FOR DUCK LEG

INGREDIENTS:

2 DUCK LEGS
1 CINNAMON STICK
4 STAR ANISE
4 CLOVES OF GARLIC
6 STALKS OF THYME
4 BAY LEAVES

CABBAGE:

1 RED CABBAGE
4 STAR ANISE FRUITS
1 CINNAMON STICK
300ML OF RED WINE
200ML OF BALSAMIC VINEGAR
300G OF SUGAR
3 MEDIUM RED ONIONS
2 GARLIC CLOVES
½ BLOCK OF BUTTER



COUS COUS:

300G OF COUS COUS
300ML OF HOT WATER
HERBS (MARJORAM, THYME, ROSEMARY)
30G OF BUTTER

PLACE THE DUCK LEGS IN AN OVEN PROOF DISH TOGETHER WITH A CINNAMON STICK, THYME, STAR ANISE, GARLIC AND BAY LEAVES. COVER WITH THE DUCK FAT AND PLACE IN THE OVEN FOR 2 ½ - 3 HOURS AT 130C.

SHRED THE RED CABBAGE AND FINELY SLICE THE ONIONS MELT BUTTER IN A COOKING PAN AND WHEN HOT ADD THE ONIONS AND FRY FOR 3-4 MINUTES. ADD THE CABBAGE, CINNAMON STICK, STAR ANISE, GARLIC, WINE, BALSAMIC VINEGAR, SUGAR A TOUCH OF SALT AND PEPPER AND SLOWLY BRAISE UNTIL THE CABBAGE GOES SOFT.

BOIL WATER, ADD BUTTER AND HERBS THEN REMOVE FROM THE COOKER AND ADD THE COUS COUS, STIR THEN COVER AND LEAVE FOR 5 MINUTES TO SOFTEN.

WHEN THE DUCK LEGS ARE DONE, REMOVE FROM THE OVEN AND PLACE ON A TRAY. SEASON WITH SALT & PEPPER AND PLACE IN THE OVEN FOR A FURTHER 5-7MINUTES AT 180C.