Food Secrets with Jane & Eddie

RECIPE CARD

INGREDIENTS

Duck

4 duck legs
5 sprigs of thyme
5 sprigs of rosemary
4 bay leaves
Pinch of coriander seeds
2 shallots
1 whole garlic bulb
500ml olive oil
500ml vegetable oil
(or other neutral oil)
Salt & pepper

Salad

2 cups cooked freekeh
¼ cup currants
1 shallot, finely sliced
¼ cup roasted pistachios, crushed
2 Packham pears, sliced
¼ cup fresh mint, finely chopped
¼ cup fresh dill, finely chopped
Salt
White wine vinegar
Extra virgin olive oil *(Rio Vista Nothing But Olive Oil recommended)*

Serves 4

TWICE-COOKED DUCK LEG WITH FREEKEH

METHOD

Duck Leg

- If desired, remove the thigh bone from the duck legs (ask your butcher to do this if preferred).
- Generously season the duck legs with salt and pepper and refrigerate for 1 hour.
- Once removed from the fridge, brush off the salt and ensure the duck is dry.
- Preheat the oven to 150°C (fan).
- Place duck legs, rosemary, thyme, bay leaves, coriander seeds, shallots and garlic in a deep oven dish. Cover with olive and vegetable oils until the duck is submerged.
- Cover the dish with baking paper and foil, sealing tightly. Roast for 3 hours.
- After 90 minutes, turn the duck legs over—meat should easily pull away from the bone.
- Once cooked remove the duck from the oven and let rest, covered in the oil for approx. 60 minutes to allow the duck to remain moist.
- Heat a saucepan over medium heat. Place the duck skin-side down and cook until the skin becomes browned and crispy. Once crisp, remove the duck from the pan and keep warm.

Salad*

- Cook the freekeh according to the package instructions and allow it to cool completely.
- In a bowl, combine the cooked freekeh, a drizzle of oil and white wine vinegar, salt, currants and shallots and allow to sit for 5 minutes. Then add pistachios, pear, mint and dill to the bowl and toss gently to combine.

To Serve

- Plate the duck legs with the salad and serve, drizzling with extra virgin olive oil.
- Pair with a dollop of labneh (from Whipped Labneh with Olive Oil Flatbread recipe) for extra richness.

**Notes - The salad base can be adapted with additions like celery, radish, roasted beetroot, or cooked sweet potato.*

Scan the QR code to watch Jane & Eddie prepare this delicious dish and to view other recipes in the series.

City of Norwood Payneham & St Peters