

Spiced duck leg salad, orange and pomegranate

Serves 6:

Equipment tray, cling film, 15cm pan, hand blender

For the duck marinade

6 duck legs

100g sugar

100g sea salt

6g Chinese 5 - spice powder

½ thinly sliced orange

1. Mix all together except the duck legs.
2. Rub mix all over the duck legs and place into a tray, cover with cling film and keep in the fridge for 8 hours covered.

To cook the duck legs

6 cured duck legs, washed for 10 minutes

500g duck fat, or oil - enough to totally submerge the duck legs

2 bay leaves

1 tsp black peppercorns

Parsley to finish

1. Heat oven to 150°C.
2. Wipe the duck with kitchen paper and pat dry.
3. Put the duck in a 15cm pan and cover with the oil or duck fat. Add the bay leaves and peppercorns and place in the oven and cook for about 4 hours with the pan lid on.
4. You are looking for the meat to be falling away from the bone if gently pressed with a spoon.
5. Take out the oil, place on plate and cover with cling film, allow to chill for 30 minutes.
6. Remove the cling film from the plate and gently pull the thigh bone out, now shred the meat making sure to remove the skin, put onto a plate into the fridge to cool down and

firm up. Meanwhile make the orange dressing (see chef's tip).

For the orange dressing

250g fresh orange juice

5 orange zests

15g caster sugar

50ml white wine vinegar

200ml vegetable or sunflower oil

50ml fresh orange juice to let down if needed

Chef's tip: This dressing needs to be made enough in advance that it has time to cool before serving and can be made up to 2 weeks in advance and stored in the fridge.

1. Gently simmer 250g of orange juice, zest and sugar to reduce to approximately 100ml.
2. Slowly add the white wine vinegar and oil to the reduced orange juice mix whilst blending with a hand blender until it emulsifies and becomes thicker
3. If it has become too thick you can add what you need of the additional 50ml of orange juice to loosen the consistency.

To finish

Salad leaves – your choice, we used rocket

4 figs – quartered

1 orange

1 pomegranate

1. Place the duck in a pan on a medium heat with some of the dressing and warm. Dress the salad leaves (reserve a little to dress the figs) and place on a board, place the cooked duck meat around, finish with the figs dressed in the dressing, scatter with the chopped orange and pomegranate seeds. Season to taste.