

SLOW COOKED DUCK LEGS IN A RED WINE SAUCE

Serves 4

4 Ducko duck legs

1 Bunch of chopped fresh rosemary

4 Large chopped garlic cloves

1 Teaspoon Chinese five-spice powder

1½ Cups of red wine

1½ Tablespoons of redcurrant jelly

Salt (to taste)



METHOD

1. Preheat the oven to 190°C.
2. Spread the chopped garlic cloves and rosemary into a 20 x 30cm baking dish.
3. Place the Ducko duck legs on top of the rosemary, and sprinkle with salt and Chinese five-spice powder.
4. Bake in the preheated oven for 1 hour.
5. In the meantime, bring the wine to a boil in a small saucepan over medium-high heat.
6. Add the redcurrant jelly and stir until dissolved.
7. Reduce heat to medium-low, and simmer for 5 minutes, then set aside.
8. Once the Ducko duck legs have baked for an hour, pour off and discard of the fat that has accumulated in the baking dish.
9. Pour the wine sauce over the baked Ducko duck legs.
10. Bake for a further 15 minutes until the duck is very tender and the sauce has thickened slightly.