

CONFIT DUCK TARTLETS

Serves 5

INGREDIENTS:

DUCKO DUCK LEGS

1 500g Ducko Duck Legs

3 Red onions, diced

30g Butter

1 Tablespoon olive oil

·1 Tablespoon balsamic vinegar

2 Tablespoons orange marmalade (Can be substituted with honey, or brown sugar)

Salt and pepper (To taste)

3 Sheets puff pastry

·Crème fraiche, or sour cream (To serve)



METHOD

1. Preheat the oven to 190°C.
2. Place the Ducko duck legs, skin side up in a baking tray, and sprinkle with salt and pepper to taste. Cover lightly with foil.
3. Bake in the preheated oven for 1hour 30 minutes.
4. Remove duck meat from the bones, shred and mix with the cooking juices and rendered fat. Set aside.
5. Heat the butter and oil in a frying pan over a medium heat.
6. Sauté the onions until they start to brown, then stir in the marmalade and balsamic vinegar. Continue to cook until mixture is syrupy.
7. Remove from pan and cool in a bowl.
8. Cut each pastry sheet into rounds (approximately 10 centimetres in diameter), and place each round into a greased tartlet, or cupcake, tin.
9. Spoon a small amount of caramelised onions into each pastry and top it with some of the shredded duck leg meat.
10. Bake the tartlets in the pre-heated oven (still 190°C) for approximately 12-15 minutes, or until the pastry is golden.
11. Allow the tartlets to cool down a bit.
12. Serve warm with tiny dollops of crème fraiche or sour cream.

TIP: Tartlets may be prepared ahead of time and stored in the refrigerator for up to 7 days. Simply warm it up prior to serving and add the crème fraiche or sour cream.



DUCKO FOODS