

Confit duck, bean stew

A simple but tasty and filling dish perfect for the Winter months. It's packed with tasty seasonal vegetables and healthy beans as well as the rich, crispy duck leg! Sandys can provide you with confit duck legs, but if you'd like to confit your own its easy enough to do, it just takes a little more time.

Ingredients

2 confit duck legs
2 sticks of celery
1 large carrot
1 large shallot
2 cloves garlic
The white of one leek
Handful of cavalo nero stalks trimmed out and roughly chopped
100ml red wine
1 tablespoon olive oil
1 tablespoon duck fat scooped off the confit
Small teaspoon tomato puree
400g tinned butter beans
1 pint of Sandys game stock

Recipe

- Pre heat the oven to 190°C
- Finely dice the root vegetables to about the size of the end of your little fingernail, finely chop the garlic
- In a heavy bottomed pan add the olive oil and fat from the duck, heat over a medium heat
- Fry off the vegetables until they get a little colour
- Add the tomato puree and cook out for 2-3 mins reducing the heat if needed as it's important not to let the puree catch
- Add the red wine and reduce by a 1/3
- Add the stock and reduce slowly to finish cooking the vegetables and thicken the sauce
- While this happens pop your duck in the oven and cook for about 30mins
- When the sauce is ready, add the beans and cleaned cavalo nero simmering until the cavalo is tender and the beans are hot
- I like to serve this dish in a nice big pasta bowl with the duck sitting on top, away from the rest of the sauce to keep the skin crispy

Tip:

With the duck legs, if they aren't crispy enough when they come out of the oven you can pop them under the grill just to finish them off. If you have a wire cooling rack you can

use that to roast them on as it helps to keep the excess fat off and prevents the legs from frying in the fat. In the duck leg packaging, there is some fat which you can use as suggested above, but you can also save it. If you keep it in your fridge you can use it to roast potatoes.