



Duck legs braised with Seville oranges

 Gluten Free

READY IN



160 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 duck confit legs
- ☐ 1 tbsp olive oil
- ☐ 2 cranberry-orange relish washed and cut into slices
- ☐ 12 shallots whole chopped
- ☐ 1 celery stalks finely chopped
- ☐ 1 medium carrots cut into chunks
- ☐ 50 ml wine dry white
- ☐ 1 large thyme leaves

- ☐ 1 small rosemary
- ☐ 2 bay leaves
- ☐ 1 garlic clove finely sliced
- ☐ 200 ml chicken stock see
- ☐ 25 g butter
- ☐ 1 pinch sugar
- ☐ 4 servings kale steamed

Equipment

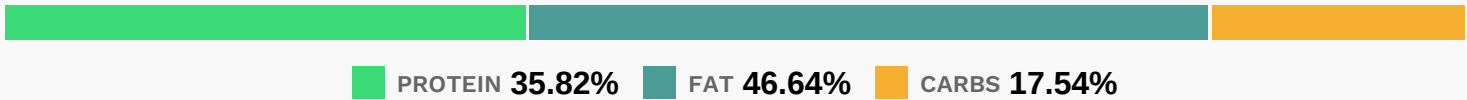
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Season the duck legs on both sides.
- ☐ Heat the oil in a large non-stick frying pan set over a medium heat.
- ☐ Place the legs in the pan, skin-side down, and fry until well browned. Turn them over and brown the flesh side.
- ☐ Remove the pan from the heat and pour away most of the fat.
- ☐ Lay the orange slices in the bottom of a ceramic baking dish and top with the duck legs.
- ☐ Return the pan to the heat.
- ☐ Add the chopped shallots, celery and carrot, and fry, stirring, for 4 mins to allow the vegetables to brown a little.
- ☐ Add the wine, bring to a simmer and cook for 2-3 mins.
- ☐ Add the herbs, garlic and chicken stock, mix everything together, then pour over the duck legs. Tuck the vegetable pieces in between the legs so they are submerged in the liquid.
- ☐ Add just enough water to almost cover the legs, then cook in the oven for 1 hr.
- ☐ Meanwhile, add half the butter to a frying pan set over a medium heat.

- ☐
- Add the whole shallots and brown all over. After the duck has been in the oven for 1 hr, add the browned shallots and cook for a further 30 mins until tender.
- ☐
- Remove the dish from the oven and transfer the legs to a baking tray. Lift out the whole shallots and put to one side. Strain the cooking liquid into a jug and skim off any fat or vegetable debris that comes to the surface.
- ☐
- Increase oven to 200C/180C fan/gas
- ☐
- Place the duck legs back in the oven and let them crisp for 10 mins while you finish the sauce. Boil the liquid in a large pan and reduce until you have about 300ml, then season to taste and add sugar, if necessary. Finally, add the remaining butter and stir to melt, before returning the shallots to the pan and gently reheating.
- ☐
- Serve the legs on a bed of buttered kale, drizzling the light sauce around it, with roast parsnips on the side.

Nutrition Facts



Properties

Glycemic Index:115.86, Glycemic Load:6.48, Inflammation Score:-9, Nutrition Score:17.548695644607%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 17.9mg, Hesperetin: 17.9mg, Hesperetin: 17.9mg, Hesperetin: 17.9mg Naringenin: 10.08mg, Naringenin: 10.08mg, Naringenin: 10.08mg, Naringenin: 10.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 572.83kcal (28.64%), Fat: 29.07g (44.72%), Saturated Fat: 9.02g (56.4%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 20.07g (7.3%), Sugar: 13.95g (15.51%), Cholesterol: 211.61mg (70.54%), Sodium: 324.2mg (14.1%), Alcohol: 1.31g (100%), Alcohol %: 0.41% (100%), Protein: 50.22g (100.44%), Vitamin A: 2975.96IU (59.52%), Selenium: 40.16µg (57.37%), Vitamin B3: 11.28mg (56.41%), Vitamin C: 46.07mg (55.85%), Iron: 4.86mg (27.02%), Vitamin B6: 0.37mg (18.51%), Fiber: 4.53g (18.12%), Manganese: 0.3mg (15.05%), Potassium: 492.77mg (14.08%), Folate: 52.18µg (13.04%), Vitamin K: 9.52µg (9.06%), Vitamin B1: 0.13mg (8.92%), Calcium: 86.48mg (8.65%), Phosphorus: 79.26mg (7.93%), Magnesium: 28.69mg (7.17%), Copper: 0.14mg (6.76%), Vitamin E: 0.92mg (6.15%),

Vitamin B2: 0.1mg (6.09%), Vitamin B5: 0.44mg (4.44%), Zinc: 0.5mg (3.3%)