



Slow-cooked duck legs in Port with celeriac gratin

READY IN



165 min.

SERVINGS



2

CALORIES



1199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 duck confit legs
- ☐ 2 carrots roughly chopped
- ☐ 1 small onion roughly chopped
- ☐ 1 tbsp flour plain
- ☐ 1 bay leaves
- ☐ 1 star anise
- ☐ 2 cloves
- ☐ 2 strips cranberry-orange relish (with a potato peeler)

- ☐ 150 ml port wine
- ☐ 500 ml chicken stock see
- ☐ 100 ml milk
- ☐ 100 ml double cream
- ☐ 1 garlic clove
- ☐ 1 rosemary
- ☐ 25 g butter for greasing
- ☐ 100 g celery root thinly sliced quartered
- ☐ 1 small potatoes thinly sliced
- ☐ 2 servings parmesan grated for sprinkling
- ☐ 2 servings savory vegetable

Equipment

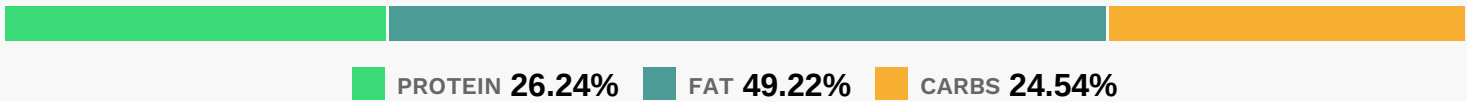
- ☐ frying pan
- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Put the duck legs in a flameproof casserole set over a medium heat. Brown all over, then remove from the casserole and set aside.
- ☐ Pour off all but 1 tbsp of the fat, leave more fat in the pan if you are doubling or tripling (save the drained fat for your Christmas roasties).
- ☐ Add the carrots and onion to the casserole and cook for 5–10 mins or until starting to caramelise. Stir in the flour and cook for 1 min more. Return the duck along with the remaining ingredients. Bring to a simmer, then cover with a lid and put in the oven for 2 hrs.
- ☐ Meanwhile, prepare the gratin.

- ☐ Put the milk, cream, garlic and rosemary in a pan set over a low heat. Bring to a gentle simmer for 5 mins, then remove from the heat and leave to infuse for 30 mins. Grease 2 ramekins (about 8cm diameter, 5cm deep). Arrange the celeriac and potato slices in the ramekins, seasoning the layers as you go.
- ☐ Remove the garlic and rosemary from the milk, pour over the veg, then dot with butter. Cover tightly with foil and bake with the duck for 1 hrs.
- ☐ Once cooked, remove the duck and gratins from the oven. To freeze the duck, cool, then pack into a freezer container, pushing the duck under the sauce. If it doesnt cover it, lay cling film on top. Use within 2 months. Thaw in the fridge, then reheat in the casserole and complete from Step
- ☐ Increase oven to 220C/200C fan/gas
- ☐ Put a heavy can on top of each foil-wrapped gratin and stand for 15-20 mins, or chill like this until needed. Once pressed, turn the gratins out onto a baking tray, sprinkle with a little Parmesan and bake for 20 mins until golden.
- ☐ Meanwhile, remove the duck legs from the casserole, strain the cooking liquid into a clean pan and bring to a rapid boil. Reduce the sauce by half until thickened and glossy.
- ☐ Add the duck legs and heat through. Put a duck leg on each plate with a little sauce spooned over the top.
- ☐ Serve with the gratins and seasonal veg.

Nutrition Facts



Properties

Glycemic Index:287.54, Glycemic Load:22.14, Inflammation Score:-10, Nutrition Score:37.852608473405%

Flavonoids

Petunidin: 5.04mg, Petunidin: 5.04mg, Petunidin: 5.04mg, Petunidin: 5.04mg Delphinidin: 2.97mg, Delphinidin: 2.97mg, Delphinidin: 2.97mg, Delphinidin: 2.97mg Malvidin: 72.15mg, Malvidin: 72.15mg, Malvidin: 72.15mg, Malvidin: 72.15mg Peonidin: 2.99mg, Peonidin: 2.99mg, Peonidin: 2.99mg, Peonidin: 2.99mg Catechin: 7.5mg, Catechin: 7.5mg, Catechin: 7.5mg, Catechin: 7.5mg Epicatechin: 5.75mg, Epicatechin: 5.75mg, Epicatechin: 5.75mg, Epicatechin: 5.75mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg

Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg

Nutrients (% of daily need)

Calories: 1199.14kcal (59.96%), Fat: 61.45g (94.53%), Saturated Fat: 30.03g (187.69%), Carbohydrates: 68.92g (22.97%), Net Carbohydrates: 59.88g (21.77%), Sugar: 20.08g (22.32%), Cholesterol: 314.56mg (104.85%), Sodium: 1295.76mg (56.34%), Alcohol: 11.64g (100%), Alcohol %: 1.51% (100%), Protein: 73.69g (147.37%), Vitamin A: 16200.17IU (324%), Vitamin B3: 17.58mg (87.88%), Selenium: 55.67µg (79.52%), Calcium: 577.63mg (57.76%), Phosphorus: 567.9mg (56.79%), Vitamin C: 40.95mg (49.64%), Manganese: 0.85mg (42.51%), Potassium: 1460.91mg (41.74%), Vitamin B2: 0.7mg (41.24%), Vitamin B6: 0.8mg (40.24%), Iron: 7.18mg (39.89%), Fiber: 9.05g (36.18%), Vitamin K: 34.28µg (32.65%), Vitamin B1: 0.45mg (29.98%), Magnesium: 105.2mg (26.3%), Copper: 0.46mg (22.77%), Folate: 86.95µg (21.74%), Zinc: 2.68mg (17.88%), Vitamin B5: 1.31mg (13.13%), Vitamin B12: 0.74µg (12.34%), Vitamin E: 1.54mg (10.28%), Vitamin D: 1.52µg (10.15%)