



UCOOK

Delheim's Asian Fusion Duck Confit

with a hoisin glaze, black rice & wasabi mayo

Cured and roasted in its own fat, duck confit is considered a true delicacy. It's usually found in French cuisine, but we've mixed things up with Asian inspiration: black rice, lime-tossed slaw, wasabi mayo, and hoisin sauce. Mmm!

Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Tess Witney

 **Easy Peasy**

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Ingredients & Prep

4	Free-range Confit Duck Legs
300ml	Black Rice
400g	Shredded Cabbage & Julienne Carrot
3	Limes <i>zested & cut into wedges</i>
10ml	Wasabi Powder
120ml	That Mayo (Original)
20ml	Mixed Sesame Seeds
60ml	Ong's Hoisin Sauce
10g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. ROAST IT LOW AND SLOW Preheat the oven to 160°C. Place the duck legs in a roasting dish, along with all the fat from the packaging. Season well and roast in the hot oven for 40-45 minutes until cooked through.

2. SMOULDERING BLACK RICE Rinse the rice and place in a pot with 1,2L of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, it should be tender but bouncy. Remove from the heat and drain if necessary. Cover and set aside for serving.

3. PICKLE THE SLAW & SPICE THE MAYO Place the cabbage and carrot in a bowl with the juice of 8 lime wedges and the zest to taste. Season, toss to coat, and set aside to pickle. Place the wasabi powder in a small bowl and gradually mix in droplets of water until it forms a smooth paste. Place the mayo in a separate bowl and stir in the wasabi paste to taste until well combined. Loosen with water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

4. BLACK AND WHITE SESAMES Place the seeds in a small pan over a medium heat. Toast for 2-4 minutes until the white ones are lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

5. STICKY GLAZE When the duck has 5 minutes remaining, baste with the hoisin sauce and return to the oven. Turn the heat up to 190°C and grill until the skin is crispy. Remove from the oven on completion and allow to rest for 5 minutes before serving. Spoon the meat juices from the roasting dish into the cooked rice to your taste preference. Reserve any remaining juices for use in another meal. (We recommend using it to roast potatoes!)

6. TOO DIVINE FOR WORDS... Pile up some sultry rice, side with the slaw, and drizzle over the wasabi mayo to taste. Top with the hoisin-glazed duck leg and sprinkle with the toasted sesame seeds. Finally, garnish with the chopped coriander and a lime wedge. Unbelievable, Chef!



Chef's Tip

Remove the duck from the fridge an hour before cooking to allow it to come to room temperature. When cooking the black rice, use a stainless steel pot rather than one made from another material like enamel. This will prevent staining from the natural black dye it releases.

Nutritional Information

Per 100g

Energy	1293kj
Energy	309Kcal
Protein	8.2g
Carbs	18g
of which sugars	2.2g
Fibre	2.5g
Fat	23.1g
of which saturated	7.7g
Sodium	1036mg

Allergens

Allium, Sulphites, Sesame, Soy, Wheat, Gluten, Egg

Cook
within 3
Days