

Duck Tagine with Clementines



Serves 6

Prep 15 mins

Cooking 2-2¼ hrs

Easy



Ingredients

6 duck legs
200g shallots, peeled
1 tsp cumin
2 tsp paprika
600ml vegetable stock
2 tsp clear honey
6 small, firm clementines, peeled
3 tbsp parsley
2 tbsp toasted sesame seeds

1. Heat oven to 190C/fan 170C/gas 5. Put the duck legs in one layer in a large roasting tin or two smaller ones. Sprinkle with salt, then roast for 45 mins. Remove the duck legs to a dish and spoon 1-2 tbsp of the duck fat into a large, wide pan (reserve the remainder of the duck fat).
2. Add the shallots and fry briefly until just starting to colour. Sprinkle in the spices and mix well. Add the stock, honey, lemon juice, salt and pepper, and bring to the boil. Sit the duck legs on top, cover tightly and cook over a gentle heat for 1-1¼ hrs until the meat is very tender.
3. Meanwhile, heat 1 tbsp of the duck fat in a frying pan, add the clementines and fry all over until glistening and starting to brown. Add to the pan with the duck and cook for a further 15 mins, then sprinkle with the sesame seeds and parsley and This dish goes really well with couscous.
4. **To freeze:** freeze at the end of step 3 before adding the parsley and sesame seeds. Defrost in the fridge overnight, then return to the pan, bring slowly to the boil and simmer, covered, for 20 mins. Sprinkle with the parsley and sesame seeds, and serve.
5. The longer you cook duck legs, the more meltingly tender they become, so it's almost impossible to overcook them. They take really well to mellow Moroccan spicing and the sweet flavours of honey and fresh fruit.