

Venetian Duck Ragu



Serves 6

Prep 15 mins

Cooking 2h 30 mins

Easy

Ingredients

1 tbsp olive oil

4 duck legs

2 onions, finely chopped

2 tsp ground cinnamon

2 tsp plain flour

250ml red wine

2 x 400g cans chopped tomatoes

1 chicken stock cube, made up to 250ml

3 rosemary sprigs, leaves picked & chopped

2 bay leaves

1 tsp sugar

2 tbsp milk

600g paccheri or pappardelle pasta

parmesan, grated, to serve

1. Heat the oil in a large pan. Add the duck legs and brown on all sides for about 10 mins. Remove to a plate and set aside. Add the onions to the pan and cook for 5 mins until softened, then stir in the cinnamon and flour and cook for a further min. Return the duck to the pan, add the wine, tomatoes, stock, herbs, sugar and seasoning. Bring to a simmer, then lower the heat, cover with a lid and cook for 2 hrs, stirring every now and then.
2. Carefully lift the duck legs out of the sauce and place on a plate – they will be very tender so try not to lose any of the meat. Pull off and discard the fat, then shred the meat with 2 forks and discard the bones. Add the meat back to the sauce with the milk and simmer, uncovered, for a further 10-15 mins while you cook the pasta.
3. Cook the pasta following pack instructions, then drain, reserving a cup of the pasta water, and add the pasta to the ragu. Stir to coat all the pasta in the sauce and cook for 1 min more, adding a splash of cooking liquid if it looks dry. Serve with grated Parmesan, if you like.