



Confit Of Duck Leg With Mushroom & Spinach Spätzle

Ingredients

4 Fresh Duck Legs
1 Litre Rendered Duck Fat
Fresh Rosemary
Sea Salt
Freshly Ground Pepper
200g Washed Baby Spinach leaves
250g Oyster Mushrooms
1 Clove Garlic
Balsamic Vinegar
20g Butter

Spätzle Batter Ingredients

300g Plain Flour
3 Eggs
300ml Milk
Sea Salt
50g Parmesan Cheese

Directions

Season duck with salt, pepper, garlic and rosemary and set aside.

Heat duck fat in heavy based deep pan until melted
Immerse duck legs in melted duck fat and bring to boil then turn down to simmer immediately
Cover pan and simmer gently for 1 hour
Take off heat and allow duck to cool in fat

Spätzle Batter Directions

Place flour, salt and grated parmesan into mixing bowl and make well in the centre
Add eggs and whisk to thick batter
Add enough milk to loosen batter and set aside

Bring 4 litres of water to boil and season with salt

Scrape batter from a board using a metal scraper as per demonstration

Boil spätzle for a minute or two then scoop from pot and place into cold water to cool.

Repeat until all batter is cooked

Drain spätzle and set aside

Assemble Directions

Heat cast iron grill plate/pan over medium heat

Drain duck legs from fat and place skin side down onto grill plate/pan

Cook until skin is crisp 3-4 mins, then turn over and continue cooking for another 3-4 mins.

While duck is cooking heat a non-stick pan over medium heat

Melt butter until foaming and add spätzle

Toss in torn up oyster mushrooms and cook until golden brown

Toss in spinach and wilt for 30 seconds and serve immediately

Place duck leg on top and drizzle over balsamic and truffle oil