

Roast Duck Legs and Griddled Nectarine Salad

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A great family sharing plate with a huge range of flavours and textures. If you do not like duck, use large chicken legs.

3 duck legs
500ml chicken stock
500ml pomegranate juice
1 cinnamon stick
1 teaspoon ground cumin
½ teaspoon ground cinnamon
175g bulgur wheat
6 nectarines, halved and stoned
1 tablespoon olive oil
300g green beans, trimmed and halved
110g pomegranate seeds
1 red onion, finely chopped
50g toasted flaked almonds
200g pack feta cheese, crumbled
Large bunch flat-leaf parsley, chopped
Small bunch mint, leaves picked and torn if large

For the dressing:

100ml pomegranate juice
3 tablespoons pomegranate molasses or 2 tbsp of redcurrant jelly and a 1 tbsp lemon juice
3 tablespoons extra virgin olive oil
Juice of 2 lemons
1 tablespoon clear honey

Up to 2 days before, sit the duck legs in a small casserole and heat oven to 180C. Pour over the stock and pomegranate juice so that the legs are submerged. Poke in the cinnamon stick, cover with the lid, or tightly with foil, and cook in the oven for 2 hrs until the duck is really tender. Cool in the liquid, then chill until you make the salad.

One hour before you want to start the salad, lift the duck legs from the liquid, pat dry with kitchen paper and sit in a roasting tin to dry out a little. Heat oven to 220C and rub the cumin and cinnamon all over the duck legs with plenty of salt and some ground black pepper, and roast for 15-20 minutes. Meanwhile, cook the bulgur wheat following pack instructions, then drain well. Heat a dry griddle pan, brush the halved plums with a little olive oil and griddle for about 5 minutes on either side. Set everything aside to cool a little while you prep the rest of the ingredients.

Bring a pan of salted water to the boil, add the green beans and cook for 2-4 minutes until tender but still with some bite. Drain under cold running water to cool. Whisk together all the dressing ingredients with plenty of seasoning. When the duck is cool enough to handle, shred the meat and crispy skin from the bones. Transfer to a platter with the roasted plums, pomegranate seeds, red onion, bulgur wheat, green beans, flaked almonds, feta and herbs. Toss everything together gently with the dressing and eat immediately.