

## Duck Ragu

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
duck legs	6	
salt & pepper		
Chinese Five Spice	2 TBLSP or more	
celery sticks	2 large, minced	
carrots	2 large, minced	
yellow onion	1 large, minced	
garlic	12 cloves, minced	
red wine	1 ½ cups	
tomato paste	4 TBLSP	
crushed tomatoes	28 oz.	
star anise	6	
bay leaves	2	
cinnamon stick	1	
orange zest	from one orange	
orange juice	¼ cup from that same orange	

- Liberally sprinkle salt, pepper, & Chinese Five Spice all over both sides of the duck legs.
- In a large bottomed, deep skillet, arrange the duck legs to fit flat on the bottom. Then turn the heat up to medium, & leave undisturbed for 7 minutes. Turn the legs over, & sauté undisturbed another 7 minutes. Remove the legs from the pan, & place them on a plate. Leave the duck fat in the pan.
- Add the minced veggies to the pan, & sauté 7 minutes. Stir in wine, gently scraping the bottom of the pan with a silicon spatula, & simmer for 7 minutes. Stir in the tomato paste & crushed tomatoes, star anise, bay leaves, & cinnamon stick. Reduce heat to low, add the duck legs & juice from the bottom of the plate, cover the pan, & simmer for two hours.
- Remove the duck legs from the sauce, & place them on a plate. Remove & toss the duck skin, & using two forks, shred the meat from the duck bones. Place the shredded meat into a bowl. Put the bones into a container & freeze to make soup another day.
- Taste the sauce for spice levels & desired thickness. Remove the anises, cinnamon stick & bay leaves. Continue simmering uncovered to thicken, if needed. When desired thickness is achieved, stir in the orange zest & juice, then stir in the shredded duck meat.
- Serve over pasta.

**NOTE:** This is a good use for duck that has been in the freezer too long for roast or confit. I also used two Peruvian hot peppers that we grew in this recipe. It was delicious.