

Duck a L'orange :

{modified recipe from "we like to cook Real Simple" App

Ingredients:

15 to 20 mini Shanks seasoned in salt, pepper & garlic
2 cups of chicken stock
2 oranges, sections cut from membranes
1/2 cup butter {salted or unsalted}
4 tablespoons of Shallots, minced
2 cups of orange juice
4 tablespoons Sweet Sherry
2 tablespoons of orange zest
2 tablespoons brown vinegar
4 tablespoons water
1/2 cup of granulated sugar

Method :

Boil sugar & water for several min until syrup caramelizes & turns golden brown colour

Add vinegar, juice, shallots & chicken stock & simmer until sauce has reduced to approx 2 cups

Add butter & 2 tablespoons of orange zest & stir orange sections.

Cook Duck Shanks for 10 to 15 mins on med heat with lid on, then take lid off & cook another 5 mins to brown.

Place Duck in a serving dish and pour sauce over

Serve with Walnuts, orange, baby rocket, spinach & fennel {shaved with potato peeler} tossed with favourite dressing

Serves 4