

Friday, 2nd July 2010



Duck Ragu

Recipe by Brad Jolly



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Add a touch of elegance to your next pasta dish with this delicious Duck Ragu, brought to you by Alchemy Restaurant's head chef, Brad Jolly.

Serves 6

INGREDIENTS

- 4 Large duck legs (220grms each)
- 2 Onions (chopped)
- 2 Med Carrot
- 2 Sticks Celery
- 6 Button Mushrooms
- 1 Zucchini (diced)
- 1 bunch Flat Leaf Parsley
- 1 Bay Leaf X
- ½ Bunch of Fresh Marjoram
- 2 Cloves Garlic Bruised
- 2 Sprigs Thyme
- Pinch of Nutmeg
- 2 Cubes of Vegetable Stock
- 500mls Veal Stock
- 200mls Chicken Stock
- 100ml White Wine
- 1½ Tablespoon Tomato Paste
- ½ Teaspoon Cumin
- ½ Teaspoon Ground Coriander
- ½ Teaspoon Ground Ginger
- 100 ml Duck Fat (save 10ml for further sautéing)
- Parmegiano Reggiano
- Seasoning
- Parchment Paper
- Orecchiette Pasta

METHOD

1. Dice all Vegetable to medium size. Take a heavy bottom medium size sauce pan and bring to heat. Add duck fat, season duck legs and sautee off in the pan until they are of medium colour. Remove once this process is done and in the same pan and garlic. Cook garlic until it has gone golden. Once this is done add 1 carrot, onion, and celery and repeat the colour process.
2. When this process is complete, add the mushrooms, thyme, bay leaf, cumin, coriander, ginger and a pinch of nutmeg. Cook for a further 1 minute until flavours have released.
3. Add tomato paste and white wine, stirring until it reduces by half.
4. Add all stocks and bring to boil. Cut a piece of parchment paper to sit on top of the pot and cover with lid. Make sure to check seasoning.
5. Place into a preheated oven 180°C for 3 hours.
6. Cook the pasta for 8 minutes until al dente in salted water.
7. Dice carrot and zucchini and Sautee off in a hot pan with extra duck fat. Set the two vegetables aside as they will go on top for garnish.
8. When the duck in the oven is finished cooking, pick meat off the bone and allow the sauce to reduce back on top of the cooker until it is halved. Once this is finished cooking you can assemble the dish.
9. Place strained pasta into a large bowl. Pour desired sauce, add the picked duck meat and the vegetables you set aside along with the marjoram, parsley and shaved parmesan. Mix all ingredients check seasoning and place into desired serving plate or bowls. Add extra parmesan on top of dish with a sprinkle of parsley when finished.