

Chinese Spiced Duck Confit

4	Duck legs
2	Garlic cloves
1	Star anise
1tspn	Fennel seeds
1	Carrot, roughly chopped
2	Shallots, roughly chopped
6	Basil stalks
1	Red chilli chopped
1litre	Duck fat or vegetable oil
	Salt & pepper



Place duck legs in a roasting tin and sprinkle with salt. Leave for 3-4 hours in the fridge.

Prepare the rest of the ingredients and add to the ducks legs.

Place in a pre-heated oven at 140oC for 2-3 hours and serve with wilted pak choi