

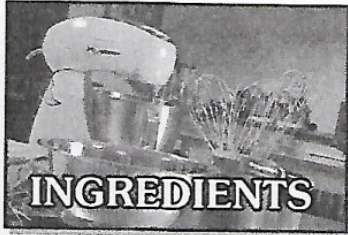


COGLANS



SCHOOL OF WINE, FOOD & DINING

Duck Confit and Mango Wrap



2 duck legs (large)
 Duck fat (1 star anise, 6 juniper berries, 4 garlic cloves)
 1 pkt tortilla wraps
 1 mango
 1 jar mango chutney
 1/4 cucumber



Place duck legs in an ovenproof dish and cover with duck fat with the spices.

Place in the oven set at 120oc & cook for 2 ½ - 3 hours until the meat starts to come away from the bone.

remove duck from the fat and drain on a cooling wire. Shred up the meat discarding the skin and bones.

Peel the mango and cut up into very thin strips about 5cm in length.

Cut out discs of tortilla with a 5cm pastry cutter about 15 in total.

Spread a little mango chutney on each disc and top with some duck and fresh mango.

Peel the cucumber and slice into 3- 4mm slices & cut out the middle of each slice with a 1 ½ - 2cm diameter pastry cutter, roll up each tortilla disk with duck and mango in the middle and place the cucumber ring around the wrap so the cucumber is holding the wrap in place.

Repeat the process and serve.