



Campaigning for people to "Season with Sense"



## GARY MACLEAN'S SPICED CONFIT DUCK SPRING ROLLS

 **Prep:** 20 minutes

 **Cook:** 3 hours + overnight curing

 **Serves:** 4

### INGREDIENTS:

- 1 Orange, zested
- 15g **LoSalt**
- 2 Duck Legs
- 500ml Duck fat or oil
- 1/8 Chinese cabbage, shredded
- 1/2 Red chilli, diced

- 15g Ginger, diced or grated
- 1/2 Red Onion, sliced
- 1/2 Carrot, cut into fine strips
- Hand full Bean sprouts
- 10g Toasted sesame seeds
- 2 tbsp Soy Sauce
- Lime juice
- 8 sheets Spring roll pastry wrappers 20 x 20cm
- 1 Egg, for gluing the rolls together

### Dipping Sauce

- 2 tbsp Light Soy sauce
- 15g Fresh ginger, finely diced
- 1 tbsp Rice wine vinegar
- 1 tbsp Sesame oil

### METHOD:

1. The first thing you will need to do is to prepare the confit duck legs. This is a simple technique, it would need to be done the day before you need your spring rolls, but actual prep time is minimal, **LoSalt** is perfect for this.
2. Rub the orange zest and LoSalt into the duck legs and place the legs into a bag and put in fridge overnight to cure. The following day wash off the salt and orange zest.
3. Place the duck into an oven proof dish and cover with the duck fat. Cook in a low oven 130°C / gas mark 1 for three hours until the meat is tender. Once cooled pick the meat from the bone and put to one side.
4. Mix together the cabbage, chilli, ginger, onion, carrots, bean sprouts, confit duck, sesame seeds and soy sauce. Add a squeeze of lime juice.
5. Lay the spring roll wrapper in a diamond shape out onto the work surface, brush the edges with the beaten egg.
6. Place some of duck mixture onto the bottom third of the wrapper, pick up the closest corner of the pastry and roll over the mix. Next pull back on the pastry to create a tight cylinder.
7. Next brush the edges of the pastry and fold over to the middle of your cylinder. Brush the top edges of the pastry, tuck in the edges and roll up to make a complete spring roll.
8. To cook you can either deep fry, pan fry in a little oil, or brush with oil and bake in the oven for about 20 minutes giving the tray a wee shake every now and then.

**Dipping Sauce:** Mix all ingredients in a bowl and serve in a ramekin or dipping saucer.