

If you have the packaged version of Al's Spice Mix, head straight to Step 2.

## Step 1. Al's Spice Mix

### Ingredients

- 1 Tbl Smoked Paprika (sweet)
- 1 Tbl Cumin Powder
- 1 Tbl Ginger Powder
- 1 Tbl Fennel Seeds (toasted & ground)
- 1 Tbl Coriander Seeds (toasted & ground)
- 2 tsp Ground Cinnamon
- 1/2 tsp Ground Black Pepper
- 1/2 tsp Turmeric Powder

### Method

In a suitable sized mixing bowl, combine all the ingredients and stir together. Store in an airtight container until required.

Serves 6

### Method

Preheat oven to 160 degrees.

Trim any excess fat off of your duck legs, then chop the legs through the joint to separate the thigh and drumstick. Place your duck pieces in a mixing bowl with 3 tablespoons of the Al's Spice Mix, and rub into the meat thoroughly.

Heat a large cast iron casserole dish to medium heat. Add canola oil then colour the duck legs for 5 minutes each side before removing from the dish. Pour off the excess oil rendered from the duck pieces.

Reduce to a low heat and add the ginger, garlic, chilli and shallots. Gently saute for 5 minutes, stirring often, before adding the remaining 3 tablespoons of Al's Spice Mix and ground almonds. Cook on low for a further 2 minutes.

Return the duck to the casserole dish along with the prunes, almonds, chicken stock, orange zest and juice, honey and a good pinch of salt. Bring the liquid up to a gentle simmer, then cover and place in the oven to cook slowly for 2 hours. Check the duck is tender and almost falling off the bone before removing from the oven to cool.

Dish up the stew with roasted Kumara and a simple watercress salad. Don't forget some warm buttered bread to mop up the juices.

## Step 2. Spicy duck stew

### Ingredients

- 6 Duck Legs (large)
- 3 Tbl Spice Rub
- 2 Tbl Canola Oil
- 2 Tbl Ginger (minced)
- 2 Tbl Garlic (minced)
- 1 Red Chilli (minced)
- 2 Cup Shallots (minced)
- 3 Tbl Al's Spice Mix
- 1/2 Cup Ground Almond
- 1 Cup Pitted Prunes (halved)
- 1 Cup Toasted Almonds (halved)
- 1 1/2 Litres Chicken Stock
- 1 Orange (zest & juice)
- 2 Tbl Honey
- Flakey Sea Salt

Cheers!

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