

# Duck Doughnuts

## Stuffed Confit Duck Bun, Kohlrabi Slaw, R.Bainbridge Spicy BBQ Sauce

As seen on BBC1's Saturday Kitchen, enjoyed by Strictly Come Dancing star, Johannes Radebe.

### Ingredients

#### The Confit Duck:

2 Duck Legs  
100g Sea Salt  
50g Honey  
2tbsp Dried Seaweed Powder  
1 Star Anise  
1tbsp Fennel Seeds  
1tbsp Black Peppercorns  
Vegetable Oil / Duck Fat (To Cover: 1-1.5 Litres)  
Zest of Half an Orange  
2tbsp Chopped Tarragon

#### The Doughnut Batter:

110g Egg Yolks  
160g Double Cream  
170g Plain Flour  
100g Melted Salted Butter

220g Whipped Egg Whites

BBQ Seasoning to taste

#### The Kohlrabi Slaw:

1 Kohlrabi (Thinly Sliced into Matchsticks)  
1/2 Red Chilli (Finely Chopped)  
Juice of 1/2 Orange  
Juice of 1 Lime  
1/2 Clove of Garlic (Grated)  
Small Nudge of Grated Fresh Ginger  
2tbsp Chopped Coriander  
Sea Salt/Pepper to taste

#### The Sauce:

R.Bainbridge Spicy BBQ Sauce  
(see [www.rbainbridge.co.uk](http://www.rbainbridge.co.uk) to purchase/stockists)

### Method

#### The Confit Duck:

Pre-heat the oven to 120°C. Place the salt, honey and seaweed into a bowl and mix well. Now add the duck legs and again, mix well. Leave to cure for 1.5 hours. Once time is up, wash well and dry. Place the duck legs and spices into an oven proof dish and cover with the vegetable oil or duck fat. Place onto a medium heat and bring to a simmer. Once simmering cover with tin foil and transfer to the oven. Cook until the meat is falling off the bone, about 1.5-2 hours. Remove from the oven and allow to cool at room temperature.

Once cold, pick all the meat off the bone and shred with your fingers. Add the orange zest and tarragon and taste for seasoning. Form the confit duck into small balls, just a little smaller than a ping pong ball and place into the fridge until needed. (Make sure to bring back to room temperature before making the doughnuts - this takes about 45 minutes).

#### The Doughnut Batter:

Pre-heat the oven to 160°C. Place the egg yolks, cream, flour and melted butter into a bowl and whisk until smooth. Meanwhile whip your egg white to soft peaks, then carefully fold in the egg yolk mixture little by little. Season with BBQ seasoning and place into a squeeze bottle until needed. Place an Aebleskiver pan over a medium heat (you could also use a Yorkshire pudding tin). Oil the dimples in the pan well, then add a spoonful of the batter into each one. As the batter begins to set, start turning them on their sides to begin forming a sphere. Add a small teaspoon

more of mixture to each one, then nestle a ball of duck into the centre and top off with a little more batter to seal the duck inside. Continue to cook and turn until there is cooked batter all the way around the duck. Transfer the buns into the oven and cook for 2-4 minutes, turning halfway through. Dust with a little extra BBQ seasoning and place onto a cooling rack for 2 minutes before serving.

#### The Kohlrabi Slaw:

Place all ingredients into a bowl and mix well, crushing in your hands to break down the kohlrabi. Leave to marinate for a minimum of 5 minutes before serving.

#### To Serve:

Place the slaw into a decorative serving bowl. Pile your doughnuts high on another plate with the R.B Spicy BBQ Sauce on the side for dipping. Serve with a cold beer or two. Alternatively, place a small handful of slaw into the middle of a plate and pop a doughnut on top. Add the R.B Spicy BBQ Sauce and serve.