

Duck Legs on a Bed of Onions, served atop French Green Lentils



Ingredients:

- 2 tbsp Oil
- 10 Duck legs, thigh & drumstick attached
- Salt & freshly ground Pepper
- 20 Onions (3" diameter) peeled, ends removed, and quartered
- Arugula (for plating)

Method:

Heat oven to 450°.

Heat oil in a heavy deep pot large enough to hold the legs in one layer.

Pat duck legs dry with paper towels; salt and pepper generously and place skin side down in hot oil.

Sear the duck and sauté till well browned.

Turn and sauté other side.

Prepare onions: While duck is browning, peel and quarter the onions.

When duck legs are well browned, transfer to a platter.

Place the onions in the heavy pot, and then place duck legs on top.

Add salt and pepper and cover tightly.

Braise: Place pot in 450° oven and braise for 1½ hours until duck is very tender and onions are very soft – almost a puree. (Check pot occasionally, and if dry add a few tbsp of water. If cover is tight, adding water should not be necessary.)

Serve: Plate this as follows in large flat bowls.

Begin with a nice scoop of Green French Lentils (recipe follows).

Add a bit of arugula as a nice counterpoint.

Top with a cozy nest of onions, and place one duck leg on top of it all.