



Felix Wild Natural Lingonberries

In Sweden, I learned that most Swedes pick their own lingonberries and make their own jams. And this brand, Felix, in our MARY's *secret ingredients* winter box, is a Swedish favorite so you know it has to be good!

Often, on Saturdays and Sundays, I buckle down and make dinners to have easily during the busy work week. I like to make



duck legs as they're easy to do, quick to warm up during the week, a little different, and we LOVE them! So make this super simple recipe of Chinese 5 Spice Duck Legs with Lingonberries – it just takes a bit of time,

but then you'll be able to serve a restaurant worthy meal, during the week!

Ingredients

Serves 2

- ◆ 2 duck legs, washed, patted dry and trimmed of excess fat (save to render if you wish)
- ◆ Sea salt, fine grind
- ◆ 1 tsp. Chinese 5 Spice, divided into ¼ tsps.
- ◆ Felix Lingonberries to sauce on top
- ◆ And the Felix Lingonberries look so festive - perfect for this time of year!

Instructions

1. Season duck legs on each side with salt and ¼ tsp. of Chinese 5 spice. Rub it in on the meat evenly. Ideally, let the legs sit out on the counter for 1 hour.
2. Place legs skin side down in a cold non-stick skillet and turn heat to medium. When the legs start to sizzle, cover the pan and turn heat to low and cook undisturbed for about 60 – 65 minutes (check once to be sure legs aren't burning); the skin should be golden/dark brown. Turn and cook until duck is very tender, another 20 – 25 minutes.
3. Serve the legs on a bed of jasmine rice sauced with the Lingonberries and LOVE. Total yumminess!
4. If you are serving these on another night, warm them in the microwave on high for 30 seconds to get the interior meat warm and then place in a skillet on low, warming on both sides and getting the skin crispy again, until hot all the way through.
5. Regarding the leftover fat from the legs, you can render it in a skillet on low, while your duck legs are cooking and drain and save the fat in a container in the fridge. It will keep for several months. Using a little bit of this fat in place of olive oil for roasting or sautéing anything adds a nice rich flavor. I even used some to make my pie crust this past Thanksgiving and it was delicious and much better for you than using Crisco. I used half butter and half duck fat.

Notes
