

A SUGAR SHAKE Recipe

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Duck & Bean “Hash”

This can be eaten on its own as a stand-alone meal, but it was intended to be served with a piece of seared, pan-roasted duck breast on top.

- 4 duck legs
- ¼ lb. piece of pancetta, cut into ½-inch cubes
- 10 cloves garlic, divided (6 whole, 4 minced)
- ½ onion, diced
- ¼ cup red wine
- 2 cans cannellini beans, drained and rinsed
- 2 – 3 cups arugula
- 2 cups cherry tomatoes, halved
- 4 pieces duck breast (optional)

Pre-heat oven to 350°.

Heat pancetta in an enameled cast iron pot until fat begins to render out and the pancetta starts to get crispy. Remove pancetta and set aside. Add duck legs to pot, skin side down. Sear until golden brown. Flip legs over; add pancetta and 6 whole garlic cloves to the pot. Cover and cook in the oven for three to four hours, until meat is tender and ready to fall off the bone.

Remove duck from the pot and set aside to cool. Also remove pancetta and garlic. Dice pancetta, discarding any parts too blackened and hard to eat. Discard garlic. Pour off, filter and cool fat; it can be saved in the refrigerator and used to cook other items. (If you're planning to serve with seared breast meat, leave the oven on.)

When duck legs are cool enough to touch, shred the meat and rough chop into bite size pieces.

Wipe pot clean and heat approximately two tablespoons of saved duck fat. Sauté minced garlic and onion. When onion is translucent, add shredded duck and diced pancetta. Mix together to incorporate everything. Add wine and stir thoroughly.

Add beans and turn heat to low. If necessary, add water to keep duck and beans moist. Simmer for an hour.

If serving with duck breast, heat oven-safe pan on high and sear breast pieces (skin side down) to crisp skin. Flip pieces over and put pan in the oven. Roast for 20 – 25 minutes (meat should be medium-rare, pale pink in the center).

Add arugula and tomatoes just before serving.