

**TIME:** 3 hours**SERVING:** 4 people**INGREDIENTS:**

4 duck legs  
1 jar duck fat  
1 medium bunch of thyme  
3 large carrots  
2 tablespoons caster sugar  
White wine (or rice) vinegar

For the flatbreads

500g strong white bread flour  
10g salt  
7g sachet dried yeast  
350g hand-hot water  
Sea salt & freshly-ground black pepper



For the duck, place the legs in a shallow oven-proof dish, add the contents of the jar and the thyme, cover tightly with foil and place in an oven preheated to 180C gas mark 4 for two and a half hours. Meanwhile make the flatbreads - Combine the flour, salt, yeast and water in a bowl, turn onto a floured surface and knead until smooth. The mix will be sticky at first but don't add any more flour. Form into a ball, return to the well-floured bowl, cover with a cloth and leave for an hour. Break off 60g pieces and using plenty of flour on your hands form them into balls and roll out to six-inch diameter circles. Heat a frying pan or griddle but do not add any fat, then cook the breads for a minute each side until lightly browned. Place on a wire rack and cover with a cloth. Peel the carrots and cut into julienne strips and simmer briskly with the sugar and enough vinegar to cover for five minutes then leave to cool and drain thoroughly. Remove the duck legs from the oven and drain on kitchen paper. Remove the skin, pull the meat off the bones, shred and season well. Cut each flatbread halfway round its circumference, open up and fill with duck and carrot and serve immediately. Any left-over flatbreads can be frozen.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**