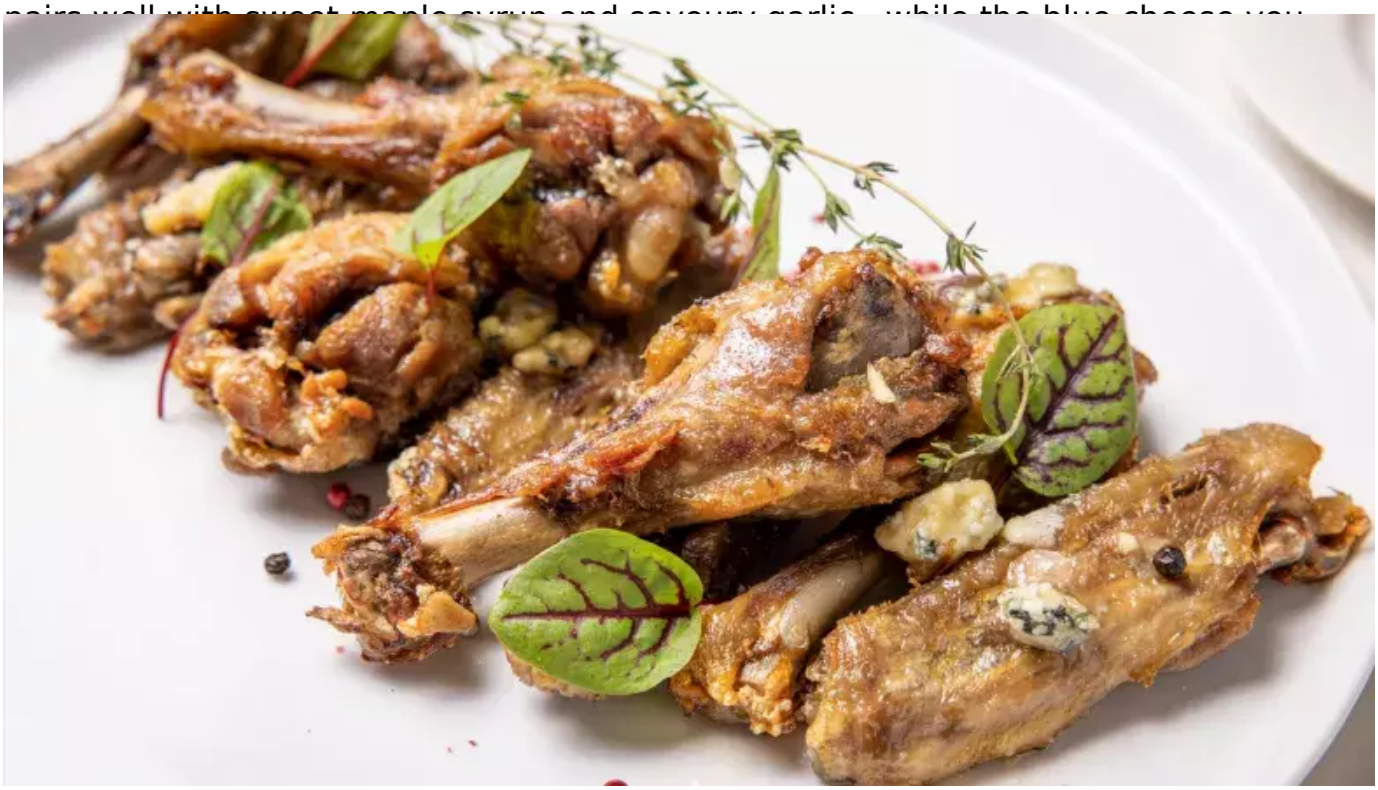
Honey, Roasted Garlic & Blue Cheese Duck Wings

In this reimagining of the classic Honey Garlic wing, the slight gaminess of the duck pairs well with sweet maple syrup and savoury garlic - while the blue cheese you



Ingredients

Brine:

- 250ml maple syrup
- 1/2 cup kosher salt
- 1 teaspoon black peppercorn
- 2 bay leaves
- 100ml cider vinegar
- 500ml water
- 2lbs King Cole duck wings

Sauce:

- 2 tablespoons Bleu Benedictine (crumbled)
- 1/2 cup amber honey
- 1 garlic (roasted whole)
- salt to taste

Confit:

- King Cole duck fat – enough to submerge wings (canola oil can be substituted)
- 3 sprigs thyme

Instructions

Step 1
Mix the ingredients of the brine minus the duck wings together in a pot and bring to a boil.

Step 2
Once at a boil, remove from heat to cool and add in 250ml of ice.

Step 3
Once cooled, submerge duck wings. Leave overnight.

Step 4
Remove wings from brine and dry off well.

Step 5
Place wings in a deep oven tray along with thyme and warmed duck fat (enough to submerge wings).

Step 6
Cook on bake at 300 degrees Fahrenheit for 1 hour covered with aluminum foil.

Step 7
While the wings are cooking cut the end off the top side of the garlic, season with a pinch of salt, and place in the oven alongside the wings and cook for half an hour.

Step 8
Remove garlic and press, this should allow the bulbs to pop out easily.

Step 9
Carefully remove the wings from the oil and cool.

Step 10
While cooling the wings, transfer the confit oil and pass it through a fine strainer or coffee filter into a pot.

Step 11
Set the pot with oil on medium heat, and wait till the oil is heated (usually using the water drop test).

Step 12
Place wings in hot oil, be careful not to overcrowd the pot, but should only take a minute or 2 at most until golden brown colour.

Step 13
Remove wings from oil using either tongs or a spider strainer then place in mixing bowl, gently season with salt, add in honey and blue cheese and toss. Ready to serve.