

tagliatelle with duck ragout

& pecorino



 **GlucoMen**[®]

All recipes have been reviewed
by a diabetes dietician.

Original recipes from the book
Zilli Light by **Aldo Zilli**.



Aldo says...

Per serving; Energy: 1198 kcal, Protein: 50 g

Fat: 53 g, Carbohydrate: 128 g

Duck is not usually served as a pasta sauce, but once you try this you will become addicted.

Serves: 4

Preparation time: 30 minutes

Cooking time: 1 hour 10 minutes

1 duck

60 ml (2½ fl oz) olive oil

2 small onions, sliced

1 carrot, sliced

2 garlic cloves, chopped

2 celery stalks, sliced

¼ bottle good red wine

200 ml (7 fl oz) meat or vegetable stock

900 g (1¾ lb) passata

2 rosemary sprigs

2 thyme sprigs

2 bay leaves

1 whole chilli

salt and freshly ground black pepper

400 g (13 oz) tagliatelle

200 g (7 oz) pecorino cheese, grated

Reduce the heat and add the onions, carrot, garlic and celery to the pan. Fry gently until browned. Pour in the wine and simmer until the liquid has evaporated. Add the stock and passata.

Strip the leaves from the rosemary, and thyme sprigs and add to the pan together with the bay leaves and whole chilli. Cover with a tight-fitting lid and simmer for approximately 1 hour. Season to taste.

Bring a large saucepan of salted water to the boil. Add the pasta and cook for 6-8 minutes, or according to the packet instructions, until al dente. Drain.

Remove the duck from the pan and place in a serving dish. Discard the whole chilli. Add the pasta to the remaining sauce and cook for a further minute, tossing occasionally to ensure the pasta is well coated.

Serve the tagliatelle and sauce in a separate dish from the duck, sprinkled with some pecorino. Serve the duck with a green vegetable, such as spinach or broccoli.

Quarter the duck and then cut into smaller pieces. Remove some of the fat but leave the skin on. Heat the oil in a large pan and brown the pieces of duck at a high heat, skin-side down.

Serve the tagliatelle and sauce in a separate dish from the duck, sprinkled with some pecorino. Serve the duck with a green vegetable, such as spinach or broccoli.