

DUCK FAT ROASTED POTATOES

INGREDIENTS

1kg potatoes, peeled and cut into pieces
170g duck fat
½ tbs salt
2 tbs polenta

METHOD

Step 1

Preheat your oven to 240°C

Place the duck fat in a roasting tray & place in the oven to start heating up. The secret to these potatoes is to get the duck fat ferociously hot.

Step 2

In a large pot, cover the potatoes with cold water, season well & bring to the boil. Parboil the potatoes for no more than 10 minutes. Drain the potatoes & return them to the pot

Step 3

Place the polenta/semolina in the pot, cover tightly & give the potatoes a ferocious shake to coat them evenly & smash up their edges a bit (these are the parts that really crisp up nicely)

Carefully remove the tray from the oven & using a pair of tongs, place the potatoes gently into the sizzling duck fat

Step 4

Return the tray to the oven & roast the potatoes for 1 hour, turning them throughout the cooking time so that they brown on all sides

Step 5

Remove from the trays, drain on some kitchen towel & serve immediately. Golden, crusty, crunchy perfection

THE COOKERY

by The Secret Jozi Chef