



### Savoury Ducks

350 grams of shin beef  
100 grams of pig's liver  
One onion  
200 grams of gluten free breadcrumbs  
1 tea spoon of dried sage  
300 mls of water  
2 Bovril cubes  
Salt and pepper to taste  
Level table spoon of Juvela flour mix

Cut the meat and liver into approx 1 inch cubes and stew in the water for One and a half hours on a low gas  
Add the Bovril cubes and stir until dissolved

Drain the meat, saving the juice for later  
Mince the meat and onions, and add the breadcrumbs

Form into Balls of about one and a half inches diameter, adding some of the liquid if required.

Cook on a baking sheet at mark 4 in the middle of the oven for about 3/4 of an hour until set.

Cool the juice obtained earlier, and stir in the flour with a whisk. Bring gently to the boil, while stirring and serve with the savoury ducks.

Any remaining savoury ducks may be frozen for later us

Serve with dried Bigga peas or beans of your choice



This recipe has been brought to you by The Cream Of Tartar Company Limited

Web site :- [Thecreamoftartarcompany.com](http://Thecreamoftartarcompany.com)

[Thecreamoftartarcompany.co.uk](http://Thecreamoftartarcompany.co.uk)

Email:- [Thecreamoftartarcoltd@hotmail.com](mailto:Thecreamoftartarcoltd@hotmail.com)

Tel:- 07710958581