

1	<p>Pluck and wash duck and pukeko. Cut into 4 pieces.</p> <p>Place into a large pot and top with cold water. Season with salt and place in a couple of handfuls of miro berries.</p>
2	<p>Bring to the boil and simmer for at least two and a half hours or till the duck and the pukeko is tender</p>
3	<p>Place the Maori potato into the same pot and cook. Add the pikopiko and watercress at the last minute and finish the boil (15 minutes).</p>
4	<p>Serve hot or cold</p>



## MAIN DISH



**“Boiled Wild Duck and Pukeko with Miro Berries, Pikopiko and Maori Potato”**

### Ingredients:

1 Whole Duck

1 cup Miro Berries

10 shoots Pikopiko

1 bunch Watercress

8 Maori Potato, Parekareka

2tsp Salt