

SPICED DUCK SALAD

EQUIPMENT

MIXING BOWLS, ZIP LOCK BAG, MORTAR AND PESTLE, MEDIUM SIZE FRY PAN, SPOONS

INGREDIENTS

1 DUCK BREAST, 2 STAR ANISE, 10 FENNEL SEEDS, 20GM BROWN SUGAR, SALT, EXTRA VIRGIN OLIVE OIL,
1 HEAD RADICCHIO LETTUCE, 2 LEAVES OF FENNEL AND FRONDS,
1 BLOOD ORANGE, 2 RED RADISH, 1 YELLOW NECTARINE, 8 LEAVES PARSLEY, MICRO CHARD (OPTIONAL)

METHOD

PLACE STAR ANISE AND FENNEL SEEDS IN THE BOWL OF A MORTAR AND PESTLE AND GRIND WITH A PINCH OF SALT. ONCE GROUND ADD THE BROWN SUGAR AND GRIND AGAIN

COAT EACH SIDE OF THE DUCK BREAST IN THE BROWN SUGAR MIX AND PLACE INTO A ZIP LOCK BAG, ROLL UP THE BAG AND SEAL REMOVING AS MUCH AIR AS POSSIBLE AND PLACE INTO A PRE-HEATED OVEN STEAM SETTING 60 DEGREES FOR 40 MINS

WHILE THE DUCK COOKS PREPARE THE SALAD BY PICKING SOME MICROHERBS IF USING ALONG WITH THE FENNEL FRONDS AND SET ASIDE, THINLY SLICE THE RADISH, FENNEL AND NECTARINE AND SET ASIDE
REMOVE SOME RADICCHIO LEAVES WASH AND SET ASIDE AND SEGMENT THE ORANGE

WITH THE REMAINDER OF THE ORANGE SQUEEZE THE JUICE INTO ANOTHER SMALL MIXING BOWL AND ADD SALT AND AN EQUAL AMOUNT OF EXTRA VIRGIN OLIVE OIL AND SET ASIDE

ONCE THE DUCK IS COOKED HEAT A MEDIUM SIZE FRYPAN OVER MEDIUM HEAT, TURN THE HEAT DOWN AND ADD A SPLASH OF EVOO, PAT THE DUCK DRY AND PLACE INTO A PAN SKIN SIDE DOWN AND COOK FOR 3-4 MINS, TURN OVER AND COOK FOR ANOTHER 1 MINUTE AND REMOVE FROM THE HEAT TO REST

MIX ALL SALAD INGREDIENTS TOGETHER EXCEPT FOR THE HERBS AND DRESS LIGHTLY AND TOSS WELL

ONCE THE DUCK HAS RESTED SLICE IT AND ARRANGE IT ON A PLATE, ARRANGE THE SALAD INGREDIENTS OVER THE DUCK AND FINISH WITH A DRIZZLE OF DRESSING

HINTS & TIPS

- USE CAUTION WHEN PAN-FRYING THE DUCK ONCE IT COMES OUT OF THE OVEN, THE USE OF BROWN SUGAR MEANS THAT IT CAN BURN EASILY IF NOT ATTENDED TO.
- ALL THE INGREDIENTS IN THIS SALAD USE CLASSIC WELL-KNOWN FLAVOURS THAT COMPLIMENT DUCK LIKE ORANGE AND ANISEED. WHEN MAKING SALADS THINK ABOUT WHAT FLAVOURS HAVE BEEN USED IN CLASSIC DISHES TO GUIDE YOU.