

# Wild About Duck

With the festive season over and a farewell to turkey, we say hello to another delicious bird.

## SALAD OF PAN SEARED DUCK, BAKED BEETS AND PARSNIP CRISPS WITH A PORT VINAIGRETTE SERVES 4

This recipe is intended to use up some of those leftovers that you've probably got lurking in your cupboard after Christmas (particularly the Port!) Plus, it's light and healthy – the perfect antidote to all that December excess.

### METHOD

- 1 Lightly score the skin of the duck several times and then marinade the duck in the port, caster sugar, Chinese five spice, orange and salt and pepper for two hours.
- 2 Bake the beetroots whole in the oven on a bed of rock salt until they are soft - i.e. you should be easily able to slide a knife in them.
- 3 Leave the beetroots to cool on the tray for 30 mins and then peel and slice them into rough 1cm cubes. Use gloves if you can or you will have red hands for a couple of days! Toss in the balsamic vinegar and add a pinch of the rock salt you've cooked them on and set aside.
- 4 Heat some oil up in a pan big enough for deep frying your parsnips. Shave ribbon-like strips off the parsnips by shaving round them until you reach the core, then stop.
- 5 Take one parsnip ribbon and place in the oil carefully to test. If it's hot enough it will sizzle once it's dropped in and start to turn golden brown. If the oil is too hot it will burn straight away so you will need to reduce the heat accordingly. Fry all the ribbons in small batches until they are golden brown, then place them on lots of kitchen paper straight away to absorb the cooking oil. They should be lightly seasoned with salt while they are still warm and should be crisp!
- 6 Take the duck out of the marinade and pat dry with kitchen paper. Heat up a small amount of olive oil in a frying pan, enough to just cover the bottom of the pan over a medium heat then carefully lay in your duck breasts skin side down. Cook slowly for about 5 mins making sure they do not burn. Cooking the duck slowly like this will render down the fat from the skin and will make it very crisp. Once done, turn it over and cook for a further 5 mins. Remove from the pan and keep warm.
- 7 You can now put the leftover marinade from the duck into a pan and boil over a high heat until it has reduced by half, strain through a fine sieve and cool.
- 8 Mix the virgin olive oil, light oil, dijon mustard, honey, seasoning and duck reduction with a hand blender until emulsified. Add some water if it becomes too thick.
- 9 Toss the rocket in a little olive oil and place in the centre of each bowl, now stir in your beetroot and spoon over and around the rocket, slice your duck very thinly and arrange around the rocket (half a breast per person), drizzle the dressing over the whole salad and finish with your parsnip crisps on top.



### INGREDIENTS

2	x	Duck breasts
250ml	x	Port
50g	x	Caster sugar
1 tsp	x	Chinese five spice
1	x	Orange (zest and juice)
1	x	Pinch of salt and pepper
500g	x	Wild rocket
2	x	Raw beetroot
1 tbsp	x	Rock salt
1 tbsp	x	Balsamic vinegar
2	x	Peeled parsnips
		Virgin olive oil
50ml	x	Light olive oil
50ml	x	Dijon mustard
1 tbsp	x	Honey
1 tbsp	x	Pinch of salt and pepper to taste
1	x	

We hope you enjoy making this dish at home but, alternatively, why not let deWintons take on the responsibility and get us to prepare it for you? Whether you have a private dinner party or a corporate event to organise, we cater for all occasions. So, if you want some of our delicious food, catered and served by delightful people, give us a call on: 020 7627 5550 or e-mail: [info@dewintons.co.uk](mailto:info@dewintons.co.uk)

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