Duck Breast with cherry sauce

Mash potato, parsnip crisp, savoy cabbage, french beans

Ingredients (10 portions)

Duck breast	approx 150g 2 portions per breast
Frozen cherries	400g
Tamari	20g
Cherry jam	120gm
Cornflour	20g
Meat stock / gravy	600ml
Red wine	100ml
Shallots	100g
Thyme	5g
Red wine vinegar	20ml

Vegetables

Parsnip (for crisps)	300g
Savoy cabbage	600g
French beans	300g

Mashed potato

Potato	2kg
Cream	300ml
Butter	150g
Salt and pepper	5g/3g

Prep list

- Trim and score duck breast
- Make sauce
- Peel and cut potatoes
- Make parsnip crisps
- Shred cabbage

Allergies and Alternatives

GF: gluten free
DF: change potato to sautéed or crushed new, plant cream mash
Vegan / veggie: tempura tofu, rice noodles, stir fried veg , cherry hoisin sauce
Nut free: Yes

Blackboard wording

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Good idea

Buy in one or two whole duck – use the breast in the main meal, use the carcase for stock and slow cook the legs for canapes.



Method

Cherry sauce: Heat oil or duck fat in large pan, Gently cook diced shallots for 8–10 minutes until soft, Add garlic, cook 1–2 minutes.

Add frozen cherries, Cook until softened and releasing juices.
Add red wine, Simmer and reduce by half Pour in stock, thyme, tamari, Add cherry jam and Stir well to combine.

Season & balance: Tamari, Vinegar, Sugar/honey, Thyme and pepper Simmer gently, with cartouche , thicken with cornflour slurry.

Mash potato: Boil potatoes plenty of water. Good pinch of salt. Drain only when tender. Hard potato will make mash lumpy

Mash through mouli, and add infused milk and butter.

Peel parsnips and gentle fry at 160°C drain onto paper. Cook cabbage and beans and family serve.

Duck Breast: Dry and score skin, start cooking duck breast in a cold pan skin side down to render fat down, squash flat, as the heat increases the skin will crisp, Turn over to seal underside, finish in oven until 54°C in middle and rest.

Service and Presentation

- Quennelle of mash slight off centre,
- Duck breast carved into 4 length ways giving 2 portions
- Lay duck on mash, spoon sauce on plate and duck
- Vegetables served family style.

