



UCOOK

Roast Duck Leg & Cherry Reduction

with creamy mashed potatoes

It's not every day you can look forward to savouring crispy duck for dinner, Chef! Sided with cheese-infused mashed potatoes and a toasted walnut & feta salad, the crispy duck leg is elevated to new culinary heights with a homemade cherry, red wine & rosemary sauce. A sweet-sour sensation, Chef!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

Adventurous Foodie

Domaine Des Dieux | Claudia Brut MCC 2017

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Ingredients & Prep

1	Free-range Duck Leg Quarter
200g	Potato Chunks
30ml	Grated Italian-style Hard Cheese
10g	Walnuts <i>roughly chop</i>
5ml	Cornflour
50g	Cherries
80ml	Wine Sauce <i>(15ml Balsamic Vinegar, 50ml Red Wine & 15ml Honey)</i>
3g	Fresh Rosemary <i>rinse</i>
5ml	Lemon Juice
20g	Green Leaves <i>rinse</i>
30g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel
Butter

1. DUCK. DUCK. GO! Preheat the oven to 200°C. Pat the duck dry with paper towel and season. Using a sharp knife, score the fat by cutting slits through the surface of its skin on both sides in a broad cross-hatch pattern, without going too deep and piercing the flesh. Place the duck leg in a cold pan without oil (the duck will render its own fat). Place over medium heat and let the duck fat render while the pan heats up. Sear until the skin is crispy, 5-6 minutes per side. Remove from the pan and roast in the oven until cooked through, 30-35 minutes.

2. CHEESY MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), the grated cheese, and a splash of water or milk (optional). Mash with a fork, season, and cover.

3. TOASTED NUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CHERRY SAUCE In a small bowl, add 5ml of cold water and the cornflour. Mix until there are no lumps. Return the pan used for the nuts to medium heat. Add the cherries, the wine sauce, 5ml of sweetener (to taste), the cornflour slurry, and the rinsed rosemary sprigs. Using a fork, lightly crush the cherries to break their skins. Simmer until thickening, 4-5 minutes. Remove from the heat, discarding the used rosemary sprigs, and stir through a knob of butter. Set aside and cover.

5. ZESTY FETA SALAD In a salad bowl, combine the lemon juice (to taste), a drizzle of olive oil, a sweetener (to taste), and seasoning. Just before serving, add the rinsed green leaves and the toasted walnuts. Crumble in the drained feta and toss until combined.

6. WOW, THAT LOOKS GOOD Plate up the creamy mash. Side with the crispy duck doused in the cherry reduction sauce. Serve with the feta salad and dig in, Chef!

Nutritional Information

Per 100g

Energy	560kj
Energy	134kcal
Protein	9.7g
Carbs	10g
of which sugars	4.3g
Fibre	0.7g
Fat	5.3g
of which saturated	2g
Sodium	426mg

Allergens

Egg, Sulphites, Tree Nuts, Alcohol, Cow's Milk

Eat
Within
3 Days