



UCCOOK

Crispy Duck Breast & Spiced Barley

with pumpkin purée, wilted spinach & a honey and pecan brittle

Tender duck breast (with the juiciest, crispiest skin!) is the crown jewel of this magical meal, while at its base is a swirl of buttery pumpkin purée, spiced with sumac. Completed by a cosy spinach and barley salad and the delectable snap of homemade pecan brittle.

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Easy Peasy

 Delheim Wines | Pinotage

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
5ml	Sumac Spice
1	Free-range Duck Breast
5ml	Vegetable Stock
100ml	Pearled Barley <i>rinsed</i>
20g	Pecan Nuts <i>roughly chopped</i>
30ml	Honey
75g	Spinach <i>rinsed & roughly shredded</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Paper Towel
Butter

1. PUMPKIN' PUMPKIN Preheat the oven to 200°C. Boil the kettle. Place the pumpkin pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes. At the halfway mark, give it a shift and sprinkle over ½ of the sumac. Return to the oven for the remaining time until cooked and crisp.

2. BOUNCY BARLEY Place the duck skin-side down on paper towel and set aside. Dilute the stock with 400ml of boiling water. Set aside 25ml for step 5 and pour the rest into a pot. Stir in the rinsed barley and place over a high heat. Once boiling, reduce the heat and simmer for 25-30 minutes until tender, stirring occasionally and adding water if it starts to dry out. On completion, drain if necessary and return to the pot.

3. PECAN BRITTLE Thoroughly grease a flat tray or dish. Place the chopped pecans in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Set aside on completion and return the pan to the heat. Add in the honey and combine with 1 tsp of water. Bubble for 2 minutes until foamy and darker in colour, swirling the pan occasionally. Don't let it over-boil, or it'll burn! Stir in 1 tsp of butter, bubble for 1 minute, then mix in the pecans until coated. Evenly pour onto the greased tray, sprinkle with salt, and set aside to cool.

4. GET FRYING Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, sauté the shredded spinach for 3-4 minutes until wilted. Transfer to a bowl, cover, and set aside. Using a sharp knife, cut broad, cross-hatch slits into the duck skin, without piercing the flesh. Wipe down the spinach pan and return it to a low heat without oil. Fry the duck skin-side down for 5-7 minutes until very crispy. Increase the heat, flip, and fry for 4-5 minutes until cooked through. Remove from the pan and allow to rest for 3 minutes before slicing.

5. WRAP IT UP Add the cooked barley and ¾ of the chopped parsley to the spinach. Toss through the remaining sumac to taste and season. When the pumpkin is cooked, place in a blender. Add in 1 tsp of butter and the reserved stock. Blend until smooth and season to taste. Roughly chop the pecan brittle.

6. PLATE IT UP Dollop the pumpkin purée into a bowl. Cover in barley salad and top with the duck breast slices. Garnish with the pecan brittle and the remaining parsley. Wow!



Chef's Tip

Reserve the duck fat for another use. It's like liquid gold! Use it instead of oil for roasting potato, butternut, or pumpkin. Fry the duck skin until it's completely crispy, it'll be worth the wait! If you like duck well done, cook it for an extra 2-3 minutes.

Nutritional Information

Per 100g

Energy	585kJ
Energy	140Kcal
Protein	8.7g
Carbs	18g
of which sugars	6.5g
Fibre	3.4g
Fat	3.8g
of which saturated	0.7g
Sodium	248mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within 3
Days