



U C O O K

— COOKING MADE EASY

Duck Breast By Coobs

with pumpkin purée, barley salad & a honey and pecan nut brittle

The base of this unique dish is a swirl of glossy roast pumpkin purée, enriched with sumac and butter. Sprawled across it is a spinach and barley salad, covered by tender slices of duck breast — with that fantastically crispy skin! Finished with the delectable snap of homemade pecan brittle.

Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: James Diack

 **Easy Peasy**

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-size pieces</i>
10ml	Sumac
5ml	Vegetable Stock
100ml	Pearled Barley
20g	Pecan Nuts <i>roughly chopped</i>
30ml	Honey
75g	Spinach <i>rinsed & roughly shredded</i>
1	Duck Breast
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. 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 until cooked and crisp. At the halfway mark, shift it and sprinkle over half of the sumac. Return to the oven for the remaining cooking time.

2. DUCK PREP & 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 remainder into a pot. Add the rinsed barley to the pot 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. Remove from the heat on completion and drain if necessary.

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. Remove 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 and allow to bubble for 1 minute. Add in the pecans and mix 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 and set aside. Using a sharp knife, cut broad, cross-hatch slits into the duck skin, without piercing the flesh. Wipe down the pan and return to a low heat without oil. Fry the duck skin-side down for 5-7 minutes until 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 three-quarters 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 1 tsp of butter and the reserved stock. Blend until smooth and season. Roughly chop the hard brittle.

6. DINNER AT COOBS Dollop the purée into a bowl. Cover in barley salad and top with the duck slices. Garnish with the pecan brittle and the remaining chopped parsley. Wow!



Chef's Tip

Reserve the duck fat for another use. It's like liquid gold! Use it instead of oil for roasting potatoes, butternut, or pumpkin. You can also use it to fry veggies or crumbed chicken. Make sure you fry your duck skin until it's completely crispy – it'll be worth the wait!

Nutritional Information

Per 100g

Energy	602kj
Energy	144Kcal
Protein	7.9g
Carbs	19g
of which sugars	6.4g
Fibre	4g
Fat	3.9g
of which saturated	0.6g
Sodium	220mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 2
Days