



# UCCOOK

## Waterford's Duck & Cherry Sauce

**with roasted beetroot & Danish-style feta**

This week, Waterford brings us a Chef's classic. Roasted beetroot & red onions are combined with a free-range confit duck leg to create a satisfying medley. A red wine, cherry & rosemary reduction adds pure indulgence, while a simple toasted walnut & creamy feta salad is the final flourish in this scrumptious feast.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes


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**Serves:** 3 People

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**Chef:** Waterford Estate

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 Adventurous Foodie

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 Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

450g	Beetroot <i>rinsed, trimmed, peeled (optional) &amp; cut into wedges</i>
2	Red Onions <i>1½ peeled &amp; cut into wedges</i>
3	Free-range Confit Duck Legs
30g	Walnuts <i>roughly chopped</i>
150g	Cherries
217,5ml	Wine Sauce <i>(150ml Red Wine, 45ml Balsamic Vinegar &amp; 22,5ml Honey)</i>
8g	Fresh Rosemary <i>rinsed, picked &amp; finely chopped</i>
60g	Green Leaves <i>rinsed</i>
75g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the beetroot & onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. DUCK** When the roast reaches the halfway mark, place the duck in a roasting dish, along with all the fat from the packaging. Roast in the hot oven until warmed through, 10-15 minutes.

**3. WALNUTS** Place the chopped walnuts in a saucepan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Set aside.

**4. CHERRY SAUCE** Return the saucepan to medium heat. Add the cherries, ¾ of the wine sauce, 15ml of sweetener, and the chopped rosemary (to taste). Using a fork, lightly crush the cherries to break their skins. Simmer until slightly reduced, 6-7 minutes. Remove from the heat and stir through a knob of butter. Set aside and cover.

**5. FETA SALAD** In a salad bowl, combine the remaining wine sauce, a drizzle of olive oil, a sweetener, and seasoning. Just before serving, add the rinsed green leaves and the toasted walnuts. Crumble in the drained feta and toss until combined.

**6. DELISH DISH** Plate up the roasted beetroot & onion wedges. Side with the duck confit doused in the cherry sauce. Serve with the feta salad and dig in, Chef!

## Nutritional Information

Per 100g

Energy	750kJ
Energy	179kcal
Protein	5.3g
Carbs	7g
of which sugars	4.1g
Fibre	1.3g
Fat	13.6g
of which saturated	4.7g
Sodium	1010mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook  
within  
4 Days