



UCOOK

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.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Waterford Estate

 Adventurous Foodie

 Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

300g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into wedges</i>
1	Red Onion <i>peeled & cut into wedges</i>
2	Free-range Confit Duck Legs
20g	Walnuts <i>roughly chopped</i>
100g	Cherries
145ml	Wine Sauce <i>(100ml Red Wine, 30ml Balsamic Vinegar & 15ml Honey)</i>
5g	Fresh Rosemary <i>rinsed, picked & finely chopped</i>
40g	Green Leaves <i>rinsed</i>
50g	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, 30-35 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 small 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, $\frac{3}{4}$ of the wine sauce, 10ml of sweetener, and the chopped rosemary (to taste). Using a fork, lightly crush the cherries to break their skins. Simmer until slightly reduced, 5-6 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