



UCCOOK

Cranberry Roasted Duck & Truffle Mash

with sun-dried tomatoes & Danish-style feta

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	568kJ	3486kJ
Energy	136kcal	834kcal
Protein	10.2g	62.3g
Carbs	14g	85g
of which sugars	6.7g	41g
Fibre	1.6g	9.9g
Fat	4.8g	29.6g
of which saturated	2g	12.2g
Sodium	109mg	666mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
2,5ml	5ml	Truffle Zest
1	2	Free-range Duck Leg Quarter/s
10g	20g	Dried Cranberries <i>roughly chop</i>
30ml	60ml	Cranberry Jam
15ml	30ml	Cranberry Juice
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Milk (optional)

Paper Towel

Butter (optional)

1. CRISPY-SKIN DUCK 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/s in a cold pan without oil (the duck will render its */their* 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. TASTY TRUFFLE 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 the truffle zest, a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

3. A TRIO OF CRANBERRIES In a bowl, combine the cranberries, the jam, and the juice. Season and set aside.

4. PRETTY SALAD To a salad bowl, add the leaves. Toss with the sun-dried tomatoes, the feta, a drizzle of olive oil and seasoning. Set aside.

5. GLISTENING GLAZE When the duck has 5 minutes left, baste with the cranberry glaze and return to the oven for the remaining time.

6. DELICIOUS DUCK Serve up the truffle mash, top with the glazed duck and drizzle with any pan juices. Plate the dressed salad alongside.