



UCCOOK

Heavenly Hazelnut Duck

with sweet potato mash & a sage burnt butter

Cured and roasted in its own fat, duck is considered a true delicacy. With this dish, it's served with creamy sweet potato mash, sage burnt butter and an apple & Danish-style feta salad. Delectable!

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

1	Free-range Duck Leg Quarter
250g	Sweet Potato <i>peel & cut into bite-sized pieces</i>
5g	Fresh Sage <i>rinse, pick & dry</i>
25g	Hazelnuts <i>roughly chop</i>
1	Lemon <i>zest ½ & cut into wedges</i>
1	Apple <i>rinse & slice ½ into half-moons</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
10g	Dried Cranberries
20g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter
Milk (optional)
Paper Towel
Seasoning (salt & pepper)

1. SLOW ROASTED 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 in a cold pan without oil (the duck will render its 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. SWEET POTATO MASH Place the sweet potato pieces in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

3. CRISPY SAGE Place a pan over medium-high heat with 20g of butter. Once foaming, add the rinsed sage leaves and spread out in a single layer. Fry until the butter has a nutty aroma and the leaves are crispy, 1-2 minutes (watch closely to make sure they don't burn). Remove from the pan.

4. HAZELNUT SPRINKLE & FRESH SALAD Combine the chopped nuts with the lemon zest (to taste). When the duck has 5-6 minutes to go, remove from the oven and sprinkle over the zesty nuts. Pop back in the oven and roast for the remaining time. In a bowl, toss together the sliced apple, the rinsed salad leaves, the dried cranberries, the drained feta, a squeeze of lemon juice (to taste), and seasoning.

5. INDULGE YOURSELF Plate up the creamy mash. Side with the crispy duck, and the fresh salad. Drizzle the sage butter over the mash and scatter over the crispy sage leaves. Serve with any remaining lemon wedges. Bon appétit, Chef!

Nutritional Information

Per 100g

Energy	363kJ
Energy	87kcal
Protein	6.3g
Carbs	10g
of which sugars	4.2g
Fibre	2g
Fat	3.9g
of which saturated	1.1g
Sodium	55mg

Allergens

Cow's Milk, Sulphites, Tree Nuts

Eat
Within
3 Days