

Roasted Breast of Duck, Charred Chicory with Fig & Date Jus

Ingredients

Product	Quantity
Gressingham Duck Breast A Grade 12x2x200g	400.00 g
Peeled Shallots 1kg	2.00 g
Carrots peeled whole 2.5kg	1.00 g
Blas y Tir Leeks 500g	1.00 g
Humza Premium Food Products Peeled Garlic Cloves 400g	2.00 g
Fenland Celery	1.00 g
Greens Thyme 8 x 250 g	1.00 g
Bay Leaf	1.00 g
Monte Bello Red Cooking Wine 187ml	20.00 g
Port	100.00 g
Raw Organic Red Wine Vinegar 500ml	50.00 g
KNORR Stock Cubes Chicken 12's	10.00 g
KTC Vegetable Oil	1.00 g
Head of Chicory	1.00 g
Whitworths Caster Sugar 500g	1.00 g
Double Panda Superior Dark Soy Sauce 500ml	100.00 g
Tropicana Trop50 Orange & Mango Juice 400ml	400.00 g
Kerrygold Pure Irish Butter 250g	50.00 g
Figs 7x175g	4.00 g
Redcurrant with Mint and Orange Jelly 2.25kg	16.00 g
Date and Fig Relish 2.25kg	8.00 g

Serves: 6

Allergy Information

Key: Contains May Contain



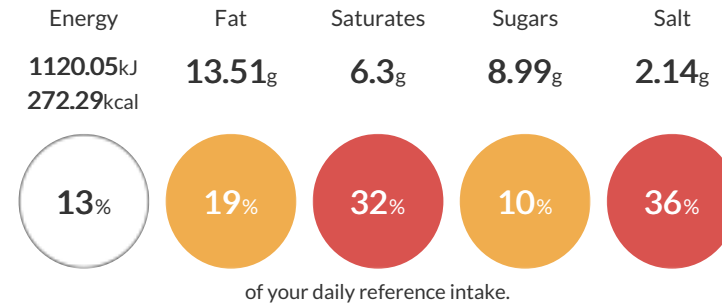
Dietary Information

Key: Suitable for



Reference Intake

Each serving contains:



Nutritional Summary

Energy	1120.05kJ 272.29kCal
Protein	19.57g
Carbohydrates	10.3g
of which sugars	8.99g
Non Milk Extrinsic Sugars	0g
Fat	13.51g
of which saturates	6.3g
Fibre	1g
Salt	2.14g
Sodium	0.27g
Iron	1.14mg
Calcium	14.79mg
Zinc	1.47mg
Folate	10.08µg
Vitamin A	16.67µg
Vitamin C	26.72mg

Method & Recipe Notes

Fig and Date Jus 1. Roughly chop the shallots, carrots, celery, leek and garlic. 2. Add enough vegetable oil to cover the bottom of a medium-sized pan and place over a medium heat until it starts to smoke. 3. Add the chopped vegetables and, keeping them moving, cook until they reach a dark brown colour. 4. Add the thyme, the bay leaf, then the red wine, port and vinegar. Turn down to a low heat and reduce the mixture until very little liquid is remaining. 5. Add in the chicken stock and reduce again by half. 6. Strain through a fine sieve into another pan. 7. Return to the heat and reduce again until syrupy, then add the date and fig relish (If the sauce is too thick, add a splash of water). Duck 1. Season the duck breasts with salt and pepper and place them in a cold frying pan. 2. Bring the pan up to a high heat and cook the duck evenly until both sides are golden brown. 3. Remove the pan from the heat and rest the duck. Chicory 1. Remove any damaged outer leaves then cut the chicory in half, lengthways. 2. Sprinkle the chicory with a little caster sugar and caramelize in a hot pan. 3. Add the soy sauce, orange juice and butter, cover with a lid and reduce the heat. 4. Cook for five to six minutes, basting regularly. Cut the figs in half and place a teaspoon of Otter Vale Redcurrant, Mint and Orange Jelly on each fleshy fruit half. Place under a hot grill to glaze. Slice the duck breasts and plate with the chicory and figs. Pour over the jus.

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