



Inspired by Scandinavia

DUCK AND NECTARINE SALAD

EQUIPMENT

CHEFS KNIFE, ZIP LOCK BAGS, LARGE AND SMALL MIXING BOWL,
MEDIUM SIZE FRY PAN, SPOONS, PERFORATED TRAY, WHISK

INGREDIENTS

2 DUCK BREASTS, 3 SHALLOTS CUT IN HALF, 4 SPRIGS OF THYME, ½ BULB FENNEL, ¼ HEAD RED OAK LETTUCE,
1 NECTARINE, 4 SPRIGS PARSLEY, 10 CHIVES, 5 RED RADISH, 5GM DIJON MUSTARD, 10GM VERJUICE,
50GM EXTRA VIRGIN OLIVE OIL, FLAKE SALT, CRACKED WHITE PEPPER

METHOD

PLACE THE DUCK BREASTS IN A SMALL MIXING BOWL AND ADD SALT, PEPPER EXTRA VIRGIN OLIVE OIL AND THYME SPRIGS.

PLACE THE DUCK BREASTS INTO INDIVIDUAL ZIP LOCK BAGS AND SEAL THE BAGS REMOVING AS MUCH AIR AS POSSIBLE.

PLACE THE SHALLOTS IN ANOTHER ZIP LOCK BAG ADD THYME AND EXTRA VIRGIN OLIVE OIL AND SEAL THE BAG.

PLACE THE DUCK AND SHALLOTS ON A PERFORATED TRAY AND INTO THE OVEN, TO SET THE OVEN SELECT; EXTRAS, PROGRAMS, SOUS VIDE, MEAT
AND DUCK BREASTS.

PREPARE THE SALAD INGREDIENTS BY PICKING PARSLEY LEAVES INTO A LARGE MIXING BOWL WITH CHIVES AND THE HEART OF THE RED OAK
LETTUCE.

PICK SOME FENNEL FRONDS AND FINELY SLICE THE FENNEL AND ADD TO THE SALAD. CUT THE CHEEKS FROM THE NECTARINE AND SLICE FINELY
AND ADD TO THE SALAD.

TO FINISH THE SALAD SLICE RED RADISH AND TOSS THE SALAD WELL AND SET ASIDE.

TO MAKE THE DRESSING PLACE MUSTARD, VERJUICE AND SALT INTO A SMALL MIXING BOWL AND POUR IN EXTRA VIRGIN OLIVE OIL IN A STEADY
STREAM UNTIL EMULSIFIED.

ONCE THE DUCK IS COOKED PLACE A FRY PAN OVER MEDIUM HEAT, REMOVE THE DUCK AND SHALLOTS FROM THE BAGS AND PAT DRY ON PAPER
TOWEL.

PLACE A SPLASH OF EXTRA VIRGIN OLIVE OIL IN THE PAN AND ADD THE DUCK BREASTS SKIN SIDE DOWN AND THE SHALLOTS CUT SIDE DOWN AND
COOK FOR 2-3 MINUTES.

REMOVE THE SHALLOTS ONCE GOLDEN AND CONTINUE TO COOK THE DUCK FOR A FURTHER 3-4 MINUTES UNTIL THE SKIN IS CRISP.

REMOVE THE DUCK FROM THE HEAT AND TURN THE BREASTS OVER AND REST IN THE PAN FOR 5 MINUTES.

LIGHTLY DRESS, SEASON AND TOSS THE SALAD REMOVE THE DUCK FROM THE PAN AND SLICE THE DUCK INTO 5-6 THIN SLICES.

TO FINISH ARRANGE THE SOME OF THE SALAD ON A LARGE SERVING PLATTER, PLACE THE DUCK OVER AND AROUND THE SALAD. SCATTER OVER
ANY REMAINING SALAD INGREDIENTS.

ADD THE ROASTED SHALLOTS AND A DRIZZLE OF DRESSING AND SERVE.

CONT'D...



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HINTS & TIPS

- COOKING WITH THE SOUS VIDE PROGRAM WILL GIVE OUTSTANDING RESULTS THE LOW TEMPERATURE COOKS THE FOOD SLOWLY AND EVENLY AND WILL ENSURE THE PROTEIN YOU COOK WILL NOT OVER COOK.
- THE BEST RESULTS FROM SOUS VIDE COME WHEN PAN FRYING OR GRILLING THE PROTEIN AFTER THE PROGRAM HAS FINISHED.