

## Madelein Van Der Walt and Theodorus Grobler – TEAM 6

### le Canard with pommes aili spring veg and cumberland sauce



#### Special requirements:

#### INGREDIENTS:

<b>Ingredient</b>	<b>Amount</b>	<b>Unit</b>	<b>Remark</b>
Olive oil	10	ml	
Black forest ham	20	g	1 slice
Sugar	50	g	
Butter	15	g	
Baby marrow	150	g	2-3 well coloured blemish free
Fresh Chives	1	pkt	must be bright green and fresh
Dry red wine	250	ml	chetau libertas
Lemon	2		
Orange	1		
Cayenne pepper	3	g	
Duck breast	1		
Salt and pepper	1	pinch	
Sprigs of thyme	3	branches	
Balsamic vinegar	150	ml	
Red currant jelly	1	pkt	
Carrots	1-2		
Chinese 5 spice	15	g	
Potatoes	1		A large potato that can be stuffed
Oil	30	ml	

## METHOD

1. Preheat the oven to 180 degrees Celsius.
2. Peel the potatoes and cut off top and start to scoop out the flesh to create a bowl like insert for your stuffing and par boil for about 10 minutes.
3. Wash your baby marrow and carrots. Peel the carrots. Very finely slice the carrots and marrows into a bit thicker than julienne to make spaghetti vegetable, ensure that they are even sized to get even cooking.
4. Get a pot on the stove and set it to a medium, low heat. Add the current jelly red wine lemon juice Cayenne pepper and a pinch of salt. Bring to the boil allow it to reduce a little.
5. Next take your duck breast and lightly make cuts into the fat and rub with the Chinese five spices. Bring a pan to heat with some oil sear off the duck until the fat is nice and golden brown then turn your duck season well.
6. Put the duck in an oven proof tray drizzle with olive oil. Bake at 180 degrees until medium rare or for 10 minutes. Whilst your duck is cooking pan fry your potato in the remainder of the ducks juices and oils. Once the potato has browned up stuff with the cream cheese black forest ham and finely chopped chives. Bake in the oven for about 5-7 minutes to ensure a smooth palatable crispy pommes Aili.
7. Whilst your potato is in the oven with your duck blanch your marrow and carrots spaghetti the carrot before the baby marrow as the carrots are denser and has a longer cooking time. After you have blanched your veg toss in a hot pan with salt pepper and some butter for 30 seconds. Take a carving fork and roll the veg in your hand to create a spaghetti ball spread it into a tube shape on the plate cut your cooked duck and fan over the veg place your pommes Aili in the middle and drizzle some Cumberland sauce over the duck. Balsamic reduction can also be used in this dish.

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