



ESLINGTON
V I L L A
Hotel & Restaurant

Serves 4

Ingredients

2 duck breasts

2 duck legs

1kg duck fat

4 tbsp sea salt

2 cloves of garlic, finely chopped

1tbsp chopped fresh thyme

250g butter

6 large potatoes

500g swede

4 sticks of salsify

lemon juice

1 bag of baby spinach

chicken stock

6 banana shallots, finely sliced



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200g button mushrooms, sliced

1 measure of port

$\frac{1}{2}$ bottle red wine

2 litres of brown chicken or veal stock

knob of butter

Method

24 hours before the meal, mix the salt, garlic and thyme together. In a shallow dish, scatter this over the duck legs and place in a fridge over night.

The next day, wash duck legs thoroughly and pat dry. Place in an ovenproof dish with the melted duck fat and put in a pre-heated oven at 140 degrees C/ gas mark 1 for $2\frac{1}{2}$ hours. Take out of the fat and allow to cool.

Trim the ends of all potatoes and then with a small metal pastry cutter, cut cylindrical shapes out of each potato.

Thinly slice the butter and line the bottom of a pan. Place the potatoes on top and cover with the chicken stock. Bring to the boil and simmer for 10-15 mins until the stock evaporates and caramelises the potatoes.



In a heavy bottomed pan, melt the butter and add the shallots and mushrooms, sweat down and colour a little. Add the port and red wine and reduce until almost dry. Add the stock, bring to the boil and then simmer for 30 minutes or until a sauce consistency is reached.

Peel and chop the swede into inch dice and boil until tender. Drain and place in a food processor with seasoning and blend until smooth. Add a little butter. Wash and peel the salsify in lemon water. Blanch in boiling water for two minutes and refresh in cold water. Cut into strips and then set aside to saute; just prior to serving.

Cut the duck legs in half and place on a non-stick tray skin side down and put in a pre heated oven – 180 degrees Celsius / gas mark 4 – for 15-20 minutes until crisp. Heat a frying pan and place duck breasts skin side down and cook for 2 minutes each side then place in oven for 5 minutes, remove and allow to rest. Cut each breast in two diagonally into equal portions.

Wilt spinach in a pan, remove excess water and lightly season and add some butter. On each plate serve half a duck leg and breast, with the salsify, spinach, potatoes and red wine sauce.