



Crispy-skin duck

with spiced plum compote and parsnip puree

Recipe by Marti Cuatt (The Infatuated Foodie)



Serves 2

INGREDIENTS

- 2 duck breasts
- Salt
- Pepper
- Five spice powder (optional)

DIRECTIONS

1. Season the duck breasts with salt and pepper and sprinkle with five spice powder if using.
2. Score the skin diagonally across the breast, being careful not to cut the meat. This will help the fat render out and give you a much leaner finish.
3. Place skin side down in a cold, heavy based pan and place onto a hotplate set on low-medium. Watch as it heats and adjust heat when it starts to sizzle. Make sure it doesn't burn.
4. Leave it like this for most of the cooking process - about 20-minutes - depending on thickness of the breast. Occasionally drain off excess fat if you wish. Cook until still pink in the middle.
5. Just before the duck has finished cooking, flip to sear the flesh side, then flip again to re-crisp. Transfer to a plate and let it rest in a warm place.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app





Crispy-skin duck

with spiced plum compote and parsnip puree

Recipe by Marti Cuatt (The Infatuated Foodie)

PLUM COMPOTE

- 1 shallot finely chopped (approx 40 grams)
- 1 tbs olive oil
- 300g plums, stoned and cut into eighths
- 50ml red wine or port
- 2tsp balsamic vinegar
- 2tbs good quality honey
- 100ml chicken stock
- 2 star anise
- 1/2 cinnamon stick
- Pinch of all-spice
- Salt and pepper

DIRECTIONS

1. Heat the olive oil in a non-reactive pan and add shallots.
2. Gently fry until it's soft, but not browned.
3. Add the plums and honey and bring to a simmer, before pouring in the red wine and stock.
4. Add the spices, season with salt and pepper and simmer, semi-covered, until the sauce is jammy and thickened, but the plums are still holding their shape.
5. Remove from the heat and set it aside until ready.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app





Crispy-skin duck

with spiced plum compote and parsnip puree

Recipe by Marti Cuatt (The Infatuated Foodie)

PUREE

- 200g peeled, sliced parsnip
- 120g peeled, chopped potato
- 100ml milk or cream - or half/half
- Sprig or two of thyme
- 1 bay leaf
- 6 peppercorns
- 1 generous tsp of butter
- Salt and pepper to season

PLATING UP:

Spoon some of the puree onto a plate and top with a sliced duck breast. Arrange plum quarters to the side and drizzle some of the juice over. Serve with greens.

Enjoy!

DIRECTIONS

1. Place the parsnips into one pan and the potatoes in another, cover both with cold, salted water and bring to the boil. They will be cooked at different times.
2. When cooked, drain the water and let dry, then place into one pan.
3. Bring the cream/milk and herbs to just below boiling point and remove from the heat.
4. Set aside for the flavours to infuse, then remove or strain out the herbs.
5. Transfer the parsnip and potato to a small food processor and whizz up until smooth. Add butter, then start adding the milk a little at a time (you may not need all of it! Just stop at a good consistency for spooning onto a plate).
6. If you want to get really cheffy, pass through a sieve for a smooth finish.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app

