



## Duck & Peach Salad

Serves 4



### INGREDIENTS

- 2 x 200g duck breast fillets, skin on (7oz)
- Salt flakes, to taste
- 1 red oak leaf lettuce
- ½ red onion, very finely sliced
- 1 firm white peach, peeled and finely sliced
- 1 firm yellow peach, peeled and finely sliced
- ¼ cup chopped roasted hazelnuts (30g/1oz)

### Apple & Ginger Vinaigrette

- ¼ cup grape seed oil (60ml)
- 1 tablespoon apple cider vinegar (20ml)
- 1 teaspoon Dijon mustard (5g)
- ½ teaspoon soy sauce (2.5ml)
- ½ teaspoon juice from grated ginger (2.5ml)
- Salt flakes, to taste

### METHOD

1. Remove duck from fridge 30–60 minutes before cooking.
2. Pat duck skin dry with paper towel then use a very sharp knife to cut fine diagonal score marks through the skin in a criss-cross pattern, without cutting into the meat.
3. Salt skin generously.
4. Place in a small frying pan, skin side-down and set aside for 30–60 minutes to come to room temperature.
5. Meanwhile, make Apple & Ginger Vinaigrette: shake all ingredients together in a screw top jar. Set aside.
6. Place pan containing duck over medium-high heat and cook for about 6 minutes, pouring off the fat as it melts, until skin is dark golden (reserve the fat for cooking potatoes if you like).
7. Turn duck over and cook for a further 5–8 minutes (depending on thickness), until internal temperature registers 55–60°C (130–140°F) on a probe thermometer for medium rare.
8. Remove duck to a plate, skin side up, and set aside in a warm place for a few minutes.
9. Meanwhile, break lettuce into pieces and toss with onion and just enough Apple & Ginger Vinaigrette to coat.
10. Arrange on a serving platter.
11. Slice duck and arrange on top of lettuce with peach slices.
12. Scatter with hazelnuts and serve.