



## Warm Duck & Orange Salad

Serves 4-8



### INGREDIENTS

- 4 x 200g duck breast fillets, skin on (7oz)
- Salt flakes, to taste
- 3 large handfuls of small curly endive or frisée leaves
- 1 baby fennel, finely shaved, fronds chopped
- ½ small red onion, finely sliced
- 2 oranges, segmented
- Extra virgin olive oil, for drizzling
- Crusty bread, for serving

### Orange Sauce

- 1 cup strained freshly-squeezed orange juice (250ml)
- 1 tablespoon honey (25g)
- 1 teaspoon finely grated orange rind
- 1 teaspoon ginger juice (5ml)
- 1 teaspoon Sherry vinegar (5ml)

### 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 Orange Sauce: combine orange juice and honey in a small saucepan and boil for a few minutes until reduced to ½ cup. Stir in orange rind, ginger juice and vinegar and boil for a few more minutes, until reduced to about ⅓ cup. 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, combine endive, fennel bulb and fronds, onion and orange segments with salt and a drizzle of oil and arrange on plates.
10. Slice duck breasts and arrange on top of salad.
11. Drizzle with some Orange Sauce.
12. Serve with crusty bread and remaining sauce on the side.