

METHOD

THIRLMERE DUCK BREAST RUB

Combine Murray River pink salt, caster sugar, ground cinnamon and star anise, then add sliced garlic clove and the fresh thyme sprigs.

PICKLED RHUBARB

Trim the rhubarb stalks, discarding the coarse inch or so at each end. Discard any leaves. Peel the rhubarb and cut into neat batons. Place in dish. Put the vinegars, honey, grenadine, salt, and star anise in a saucepan and bring to a boil over high heat. Pour over the rhubarb and cover with plastic wrap. Let cool to room temperature then store in the refrigerator.

CUTTAWAY CREEK RASPBERRY & HAZELNUT EMULSION

Combine, with a hand blender, in the following order: egg white and pinch of salt, vinegar then the oils, to a meringue consistency. Then blend in 1 tablespoon cold water.

Blanch the brussel sprouts in boiling salted water and refresh in ice water, peel off the outer leaves.

Take the duck out of the fridge and remove any excess skin. Score the skin and massage the rub in. Heat a pan on medium heat with some olive oil, add the duck breast skin side down and seal slowly to render out the fat. Then place in a preheated oven (170 degrees) for 6-8 mins. Allow the duck to rest for 3-4 mins before carving. Carve each breast into 4-5 pieces.

Slice the Thirlmere duck breast and place on the plate. Pipe little dots of the raspberry emulsion around the plate. Arrange the pickled rhubarb, brussel sprouts and frisee leaves. Finish the plates with roasted hazelnuts, micro celery leaves and a drizzle of extra virgin olive oil.

Enjoy!



Thirlmere duck breast, pickled rhubarb, brussel sprouts, Cuttaway Creek raspberry and hazelnut emulsion

INGREDIENTS

4 Thirlmere duck breast
Extra virgin olive oil

RUB

2 tbsp. Murray River pink salt
1 tbsp. caster sugar
1/2 tsp. cinnamon
1/4 tsp. star anise ground
4 sprigs fresh thyme
1 clove garlic

CUTTAWAY CREEK RASPBERRY & HAZELNUT EMULSION

2 egg whites
100ml raspberry vinegar
300ml grape seed oil
80ml hazelnut oil
Murray River pink salt

SALAD

60gm roasted hazelnuts
100gm brussel sprouts
100gm frisee leaves
1 punnet micro celery leaves

PICKLED RHUBARB

250gm ripe rhubarb
60ml sherry vinegar
60ml rice vinegar
125ml honey
25ml grenadine
2 tsp. Murray River pink salt
1 star anise