

'Corned' Goosnargh Duck, Ham and Scratchings

Servings: 4 Portions

Equipment:

4 Small glass jars
4 Wood bowls
1 Water bath
4 Bags and labels

Marinade ingredients for the Slow Cooked Duck Legs:

1 x Large Cornfed Duck (2 ½ kg)
100g Course Sea Salt
4g Orange Zest
2g Chopped Rosemary

Method:

1. Remove the breasts and legs from the carcass, keep all the excess skin from the neck and around the parson's nose (these are for the scratching)
2. Reserve the breasts for the duck hams
3. Place the duck legs and duck skin on a stainless steel tray and sprinkle with rosemary and orange zest then sprinkle on the salt covering the duck legs well, cling film and refrigerate.
4. Marinade for 8 hours.
5. Wash off all the marinade under cold running water and then dry the duck legs and skin
6. Place the legs in a Vac Pac bag and seal, then put the legs and skin in a pre-heated water bath for 12 hours at 80^oc
7. Remove the duck legs when ready, blast chill until cold, then carefully remove from the bag and drain well. Reserve the juices, cool in a refrigerator then separate the juices from the fat. The juices are added to the jelly for the corned duck. NB the juices are a natural jelly
8. Remove the skin from around the legs and keep with the other duck skin for the scratchings. Remove the duck meat from the bones and carefully cut into 5mm dice and reserve.

Ingredients – Duck ham

Servings: 8 Portions

2 x 300g Breast of Goosnargh duckling
20g x 2 Salt
2g x 2 Pepper
4g x 2 Pink salt

Method:

1. Take the duck breasts and marinate with the above ingredients make sure you put exactly 20g salt, 2g pepper and 4g pink salt on to each breast, wrap in cling film and marinate for 12 hours in the fridge.
2. Remove the cling film and wash off the marinade and dry well
3. Wrap the breast in a Tammy cloth and tie with string then hang in a well cool ventilated area for 9 days
4. Remove the Muslim cloth and the place in the freezer as flat as possible. When frozen take the breast and slice thinly on a slicing machine, you will only require 3 slices per portion.

Method – Duck Scratchings

Equipment:

4 clear bags for scratchings

1. Take the duck skin and cut into 4cm strips about 1cm wide
2. Deep fry at 170^o for 4-5 minutes until crisp, remove and drain on to kitchen paper. Sprinkle with sea salt, allow to cool.
3. Then place into duck bags and seal

Ingredients – Duck Jelly

3 x Duck carcasses (remove all fat and chop the carcasses small)

Method:

1. Roast in a hot oven 180^oc for 20 minutes.
2. Place all bones into a muslin lined colander with a bowl underneath, allow all juices to run into the bowl.
3. Place the juices into a small container and blast chill. When the fat has set remove and reserve, this should release 100ml of duck stock. Freeze the stock and then allow to thaw out through a fine muslin cloth, allow to set to a jelly. Then add the jelly from the duck legs and reserve

Ingredients – Pea and Broad Bean Mousse

75g	Frozen garden peas
50g	Broad beans (shelled)
16 x	Broad beans, shelled for garnish
25g	Leaf spinach
1 Leaf	Gelatine (soaked)
150ml	Whipping cream
100ml	Milk
1 x	Egg white (beaten to a soft peak)
	Pinch salt

Method:

1. Reduce milk and cream thoroughly with garlic to 350ml
2. Add Peas and return to boil
3. Blend in a liquidiser - mix with spinach
4. Add gelatine to dissolve
5. Pass through a fine chinois into a clean bowl
6. Beat 1 egg white to soft peak then carefully fold into the pea puree mix and correct the seasoning with salt
7. Reserve, keep out of the fridge or the mousse will set

Ingredients – Chicken/Duck Liver Parfait – 10 portions

75g	Chicken livers
75g	Duck livers
100ml	Port
50ml	Madeira
50ml	Brandy
100gm	Unsalted butter (melted)
2	Shallots (sliced)
½ clove	Garlic (finely chopped)
1g	Tarragon
3	Turns of pepper mill
1g	Salt
22g	Pink salt
1g	Sugar

Method:

1. Trim the duck livers and wash thoroughly under cold running water, drain well.
2. Sweat the shallots and garlic quickly add the alcohol and juice down to a jam like consistency, allow to cool.
3. Place the duck livers in a vac bag, add the jam, season and seal tight.
4. Cook in a water bath for 10 minutes at 65^oc
5. Blast chill the livers until they are cold then place in a Paco Jet with the butter and freeze, blitz twice and reserve

Ingredients – Onion Fondue – 10 portions

200g	Onion
	Pinch salt
1 tspn	Treacle

Method:

1. Cling film and sweat until the onions break down
2. Then caramelize and add the treacle, correct seasoning

Ingredients – Port reduction

100ml Port, reduce to a syrup

Assembly for four portions:

1. Place a small teaspoon of caramelised onion in the base of the Jenaer jar
2. Put a teaspoon of duck liver parfait in the middle of the jar, then ½ teaspoon of port syrup over.
3. Put the diced duck in a small bowl and add 150ml of jelly add a pinch of salt if needed then fold in one level teaspoon of duck fat, mix in carefully, correct the seasoning
4. Place a quarter of the mixture in each Jenaer jar.
5. Julienne 4 slices of duck ham and sprinkle on top of the duck jelly.
6. Spoon on 1½ tablespoons of pea and broad bean mousse, then put four ½ broad beans in the mousse. Put the jar lids on and refrigerate.

To serve:

Place the jars on the board, for each portion place two slices of duck ham on the skewers, then place the scratching along side