

Goosnargh Duck Pie, Ham and Scratchings

Servings: 4 Portions

Marinade ingredients for the Slow Cooked Duck Legs:

4 x Duck legs
100g Course Sea Salt
4g Orange Zest
2g Chopped Rosemary
25ml Duck Fat

Equipment:

4 Small glass jars
2 Stone plates
1 Water bath
4 Bags and labels

Ingredients - Pie:

200g Course sea salt
4g Orange zest
2g Chopped rosemary

Method:

1. Place the duck legs 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.
2. Marinade for 8 hours.
3. Wash off all the seasoning under cold running water and then dry the duck legs.
4. Place the legs in a Vac Pac bag pour in 25ml of duck fat and seal, then put the legs in a pre-heated water bath for 12 hours at 80C
5. Remove when ready, blast chill, then carefully remove from the bag and drain well.
6. Remove the skin from around the legs and reserve for the scratchings. Remove the duck meat from the bones and carefully cut into 5mm dice and reserve.

Ingredients – Turnip Mash 4 Portions

600g Turnips Finely Sliced
60g Butter
Pinch Sea Salt

Equipment

Liquidizer

Method:

1. In a heavy bottom pan sweat off the turnips gently until tender.
2. Liquidize until the turnips are smooth, pass through a drum sieve.
3. Place in a Tammy cloth and squeeze out the excess milk. Reduce the milk down in a pan until thick and creamy then add back into the turnip puree.
4. Correct the seasoning and then place into a small bowl, cover and keep warm.

Ingredients – Duck ham

1 x 300g	Breast of Goosnargh duckling
20g	Salt
2g	Pepper
4g	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 1 slice per portion. Remove the excess fat and julienne (fine strips) the meat. Reserve for the turnip puree.

Method – Duck Scratchings

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

Assembly for four portions:

1. Place the Brunoise of vegetables in a heavy bottom pan, warm the vegetables without fat.
2. Then add 50ml of the duck jus and bring to the boil, reduce a little then add the duck meat and reduce until the meat is bound in the jus
3. Season with salt and a little black pepper add the parsley, a pinch of orange zest and rosemary.
4. Spoon the duck into the bottom of the warmed jars.
5. Take the turnip mash and add the duck julienne, mix well then place into a piping bag and pipe equally between the four jars
6. Put on the jar tops and place the jar on the wood boards and put a bag of scratchings alongside and serve.