

# SHAMBLES

restaurant & winebar

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## A VALENTINE'S DAY MEAL WITH QUACKITUDE!

### PAN ROASTED DUCK BREAST, TURNIPS, RED CABBAGE, WILD GARLIC, BLACK RICE & AMARENA CHERRY SAUCE

We want to showcase a great way to cook duck. It's perfect for a romantic date night in, a dinner party with friends or a family meal at home.

The key to cooking an amazing duck breast, as with most meats, is in the quality of produce you use and in the resting of the meat. A general rule of thumb is to rest the meat for at least half the time you have cooked it for. This will help prevent the meat from becoming overly tough and chewy. I also find it best to use a cast iron pan for the initial cooking of a duck breast.

Placing the duck skin side down, in a cold cast iron pan will help to render the fat slowly as the pan heats up evenly and gently, creating a flat and crispy skin. You can cook the duck like this for almost all of the cooking period, then flipping the breast and flashing it in a hot oven 'skin side up' to finish it off.

Remember to save all the fat that melts off the duck whilst it cooks and use it to roast some delicious potatoes.

We've chosen to serve the duck with these ingredients, some of the 'best in market' for this time of the year. The addition of a sour, sweetish sauce helps to cut through the fat and brings the whole dish together.

### INGREDIENTS

#### Serves 2

- 2 x Barbary duck breasts / fat scored and trimmed
- 4 x Turnips / outer skin removed
- 50g x butter
- 4 x Wild garlic leaf / stalk removed
- 100g x Black wild rice
- 1 x Splash of olive oil
- 100ml x Duck jus or veal jus (jus = sauce / gravy)
- 1 Jar x Preserved Amarena sour cherries
- 1/4 x Red cabbage / outer leaves removed / finely slice
- 1 x Banana shallot / finely sliced
- 1 x Orange / juice only

- 1 x Star anise
- 2 Tbsp x Light soft brown sugar
- Salt & pepper
- Extra virgin olive oil

### METHOD

1. In a deep pan slowly sauté the shallots in half the butter and star anise. Once translucent and about to brown, add the cabbage, sugar, orange juice, 6 x cherries and 40ml of the liquid obtained from the cherry jar. Cover with a tight-fitting lid and allow to stew for 45 minutes on a low heat. Stirring occasionally to often. Once the cabbage is soft, taste for seasoning and set aside.



2. Place the turnips in a small pot covered in cold water, add the remaining butter and bring to a simmer in salted water. Cook until soft enough that a knife can slide into the centre without any resistance. Drain away the liquid and set aside.
3. Cook the rice by bringing it to the boil with 175ml of cold water and a pinch of salt. Evaporate all the water completely without stirring the rice. When you start to hear a snap, crackle and pop - due to all the water having evaporated - place tin foil on top of the pan, then cover the tin foil and pan with a lid and switch the heat off. Allow the rice to steam in its own heat for 5 to 10 minutes and it's ready.
4. Preheat an oven to 180°C.
5. Season the duck and place in a cool dry cast iron pan over a very low heat on the stove, skin side down. Allow to cook slowly and gently for 10/15 minutes until the skin is golden brown and crispy. Remove the rendered fat as the duck cooks, basting it from time to time. Flip over the breasts and remove from the pan after 1 minute.
6. Allow the breasts to rest on a rack 'skin side up' for 6 to 8 minutes, catching any juices that discard, for later use in the sauce.
7. Add 60ml of the cherry liquid and any duck juices to a separate pan and reduce by half, follow by adding the duck jus and bring to a simmer.
8. Place the duck breast skin side up - back into the pan with some of the cabbage, rice and the turnips, and place into the oven for 3 to 5 minutes.
9. Wilt the garlic leaves in a separate hot pan with a splash of water for 10 to 20 seconds, remove any excess water and season with olive oil, salt and pepper.
10. Plate up as pictured or as desired and serve.

**BUON APPETITO!  
MASSIMO**

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