



Amberley's Crispy Duck, Pumpkin Puree, Roasted Plums, Pickled Beetroot

Preparation Time: 45 minutes **Cooking Time:** 1 hour **Makes:** 1 portion





PROUD PARTNER



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Measurements & Ingredients:

Ingredient	Quantity
Duck	
Duck Breasts	2
Salt and pepper	To Taste
Pumpkin Puree	
Pumpkin	1
Garlic Bulb	1
Milk	250ml
Cream	250ml
Butter	50g
Thyme Sprig	1
Roasted Plums	
Plums	4
Caster sugar	2Tbsp
Butter	2Tbsp
Pickled Golden Beetroot	
Golden Beetroot	3
Saffron	Pinch
Peppercorns	1Tsp
Fennel Bulb	1
Salt	1Tsp
Sugar	2Tsp
Lemons, juiced	3
Warm Water	
Rabbit Stock	
Rabbit Carcass	1
Olive Oil	2Tbsp
Shallot, peeled and sliced	2
Garlic cloves, peeled and sliced	2
Red Wine	1 Cup
Water	1L
Salt and Pepper	To taste
Sticky Sweet Sauce	
Rabbit Stock	500ml
Shallot, peeled and sliced	1
Plum, halved and diced	1
Red Wine	¼ Cup
Thyme Honey	1Tbsp
Salt and Pepper	To Taste



Method:

DUCK

1. Put a cold pan on the stove. Dry the duck breast skins thoroughly and season well.
2. Add duck breasts to the pan. Slowly render the fat.
3. Put a flat spatula on top of the breasts to prevent the skin from curling up.
4. Once the fat has been rendered, flip and cook skin side up for a few minutes.
5. Take off the heat and rest for minimum 10 minutes.
6. Slice 4cm thick slices and serve.

PUMPKIN GARLIC PUREE

1. Preheat oven to 180°C.
2. Take the head off the garlic, wrap in tinfoil and place in an oven at 180°C for 15mins, until soft.
3. Take the skin off the pumpkin and cut into 1.5-inch cubes.
4. Bring the milk, cream, butter and thyme to a simmer. Season.
5. Boil the pumpkin to fork tender. Strain and reserve liquid.
6. Squeeze roasted garlic into a food processor with pumpkin. Blend until smooth using the cooking liquid to adjust consistency.
7. Check seasoning and keep warm to serve.

ROASTED PLUMS

1. Cut the plums in half and take out the pip. Arrange on a lined tray.
2. Sprinkle each plum with sugar and place a tsp of butter on top of each plum half.
3. Roast for 30 minutes on 160°C.
4. Set aside.



Method continued:

BEETROOT

1. Slice the beetroot on the thinnest setting on the mandolin.
2. Place in a small bowl and coat in sugar and salt. Add saffron, fennel and peppercorns. Add enough lemon juice and water to cover.
3. Leave until desired level of pickle.

RABBIT STOCK

1. Add 2 tbsp olive oil to a stock pot and fry off shallot and garlic.
2. Once browned, add the rabbit carcass, salt and pepper and fry for 5mins.
3. Add red wine to deglaze the pan.
4. Cover the rabbit in hot water and simmer for 25 minutes.
5. Strain into a pot and reserve stock.

STICKY SAUCE

1. In a frying pan, sauté shallots, garlic, blackberries and plum.
2. Once shallots have browned, add red wine and thyme honey.
3. Bring to the boil and return to a simmer until reduced by half.
4. Add a ladle of the rabbit stock and reduce.
5. Season and serve hot.