

Dish
of the
Month

Roulade of duck with
brioche and fruit chutney



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Ingredients

Serves: 4 people

Please note - the recipe needs preparation the day before.

- 1 whole Gressingham duck
 - 500gms spinach, picked and washed
 - 500gms of duck fat
 - 1 brioche loaf
 - 200gms rock salt
 - Garlic
 - Thyme
 - Zest of 1 orange and 1 lemon
- For the chutney
- 200gms dried apricots diced
 - 4 figs roughly chopped
 - 20mls balsamic vinegar
 - 100mls red wine
 - 100gms dark brown sugar
 - 1/2 red onion finely diced
 - 1 apple peeled and cubed

1: Remove legs from the duck. Then crush and puree garlic, finely chop thyme and mix them with the salt and the orange and lemon zests.

2: Add to the legs and leave in the fridge overnight to marinate.

The next day

1: Wash the legs of the salt marinade thoroughly and place in duck fat to braise in the oven for 2 hours at 100 degrees. When cooked take the legs out of the fat and flake the meat while its warm.

2: Remove the breasts from the duck and carefully remove the skin.

3: Roll tightly in cling film then place into a pan of hot water.

4: Heat in an oven at 60-65 degrees for 35 minutes. Take out and allow to cool.



5: Blanch and refresh the spinach. Dry between two cloths then roll over with a rolling pin.

6: Line cling film over the table and place a layer of spinach then the flaked duck legs over an area of 15cm by 15cm.

7: Take the breasts out of the cling film, wrap in spinach and place on the edge of the flaked duck leg. Carefully roll over the cling film. Tie at both ends and tightly wrap in cling film again.

Allow to set for three to four hours.

To make the chutney:

1: Lightly fry the red onions and add the fruit. Cook for 10 minutes on a low heat.

2: Add the sugar, balsamic vinegar and red wine and reduce down to a thick compote. Place in a jar and allow to chill before use.

Toast the brioche and serve with slices of the roulade and the chutney.



by Andrew Gibney

Zest
Caterers