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Duck Breast on a Salad of Honey Glazed Almonds, Sour Apple, Fennel, Raddichio and Quince Compote

Ash
The HWY Hotel

Ingredients

6 Waechter's Dux duck breasts
100g almonds
10ml honey
2 lemons
2 apples
2 heads of radicchio
1 Spanish onion
3 quinces
200ml raspberry vinegar
200ml sugar
100ml olive oil
10ml vegetable oil
Salt, pinch
Pepper, pinch
1 fennel, shaved

Method

First prepare the quince compote: finely dice the Spanish onion and gently sauté in a pan, deglaze with raspberry vinegar, add sugar and bring to the boil.

Peel and core the quince, finely dice and add to vinegar solution. Cook until a jam like consistency, set aside to cool.

Gently roast the almonds in the oven at 100°C for 10 minutes.

Warm the honey in a pan until runny, add olive oil, salt and pepper then gently mix in the almonds so they are covered with this honey mix.

Score the duck breasts lightly and season, heat a heavy pan until smoking. Add the vegetable oil and lay the duck breasts skin down.

Reduce heat to medium until breasts are golden to render the fat and crisp the skin. Flip breast and cook to desired doneness.

Gently separate the radicchio leaves and rinse. Leave some whole, pat dry and put to one side.

Slice apple into bite sizes and marinate in lemon juice.



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To serve

Rest duck breast for a few minutes before slicing.

Heat a large fry pan and add shredded radicchio, apple, almond, fennel, olive oil, salt and pepper, and lightly warm through.

Place a large radicchio leaf on a plate and a small amount of the warmed salad. Slice the duck breast and place next to the salad and top with quince compote.