



Aromatic Spiced & Sliced Duck Breast

with red grape, raspberry, mint, craisin and macadamia salsa, topped with hoisin glaze

SERVES 4

INGREDIENTS

4	Duck breasts
1 cup	Red seedless grapes quartered or halved
1 cup	Fresh raspberries
1 cup	Macadamia nuts toasted and chopped
½ cup	Craisin berries
5	Mint leaves sliced
5 Tbsp.	Raspberry vinegar
¼ cup	Grapeseed oil
¼ tsp.	Salt and pepper
1 Tbsp.	Hoisin glaze (set aside until plating)

Aromatic mixture:

1 tsp.	cinnamon quills
1	star anise
1 tsp.	coriander seeds
1	zest of orange or lemon
	Pinch salt
1 Tbsp.	olive oil
3	sliced garlic cloves

METHOD

1. Score the skin of the duck breasts with a sharp knife and place in a tray. Rub the aromatic mixture all over the duck and place cling film on top to cover. Place weighted tray on the duck so the aromatics penetrate and flavour the duck. Marinate for up to 2 hours.
2. Shake and wash duck to remove excess spice. Pat dry with kitchen towelette paper. Make sure the skin is dry before frying.
3. Place duck breast skin side down in a medium hot pan and render fat out until golden for 2 mins, flip over and cook for one minute.
4. Place in oven for 7-8 mins. Once cooked, rest and set aside.
5. For the grape and raspberry salsa, mix all other ingredients (except hoisin) into a bowl and fold through gently and season to taste.
6. Once duck breast is well rested, slice it and place in centre of plate. Drizzle hoisin glaze alongside the duck and add grape and raspberry, mint and macadamia nut salsa on top of the duck. Garnish with edible flowers.