

Spiced Duck Salad with Feast-de-Renaissance Spiced Plums

This recipe is also ideal for feast-de-renaissance Pears.

Ingredients

1tsp ground star anise
1 tsp salt
1 tsp freshly ground black pepper
4 duck breasts
4 Spiced Plums, sliced
100ml Spiced Plum syrup
1 cup watercress
1 cup red oak lettuce
Salad Dressing to taste

Method

Combine 1 tsp ground star anise, tsp salt and freshly ground pepper in a small bowl, rub into skin of 4 duck breasts, 280g each trimmed and fat scored and cover in plastic wrap and allow to stand for 30 min. Heat a non-stick frying pan and cook duck, skin-side down for 5 min. Turn and cook for a further 5 min. Remove from pan, cover loosely with foil and allow to rest. Thickly slice and place in a large bowl.

Pour excess fat from pan, add 100ml Spiced Plum syrup, simmer until reduced. Add 2 tsp olive oil to pan, swirl to incorporate and cool to create dressing.

Place 4 sliced Spiced Plums, 1 cup watercress and 1 cup red oak lettuce in a large bowl with duck slices, add a little dressing, season to taste, toss to combine. Divide among serving plates, drizzle with remaining dressing and serve.