

# DUCK BREAST AND FIGS WITH RASPBERRY SAUCE

Serves 4

## INGREDIENTS:

### For the Duck:

4 Ducko duck breasts  
2 Teaspoons Chinese Five-Spice  
Salt and pepper to taste

### For the Raspberry Vinaigrette:

1 Cup fresh raspberries  
2 Tablespoons red wine vinegar  
2 Tablespoons olive oil  
1 Tablespoon honey  
Salt and pepper to taste

### For the Salad:

8 Fresh figs, quartered  
4 Cups mixed salad greens  
½ Cup diced onions  
2 Tablespoons rendered duck fat  
½ Teaspoon dried thyme  
Salt and pepper to taste



## METHOD

### Preparation and Cooking of Duck Breast

- Preheat your oven to 180°C.
- Score the skin of the duck breasts in a crosshatch pattern, being careful not to cut into the meat.
- Rub the duck breasts with Chinese Five-Spice, salt, and pepper.
- Heat a skillet over medium-high heat, then add the duck breasts, skin side down.
- Cook for about 5-6 minutes until the skin is crispy and browned. Flip the breasts and cook for a further 2-3 minutes.
- Transfer the duck breasts to a baking dish and roast in the preheated oven for 12-15 minutes for medium-rare, or longer if desired.
- Keep the duck fat for later to sauté the diced onions (see step 2 below).
- Remove from the oven and let the duck breasts rest for a few minutes before slicing.

### Preparation and Cooking of Salad Ingredients

- While the duck is roasting, heat a separate pan over medium heat.
- Add the duck fat and sauté the diced onions until translucent.
- Add the quartered figs to the pan and cook for about 2-3 minutes until they caramelize and become slightly tender.
- Season the figs with dried thyme, salt, and pepper.

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DUCKO FOODS

# METHOD

## Preparation of Raspberry Vinaigrette

- In a blender or food processor, combine fresh raspberries, red wine vinegar, olive oil, honey, salt, and pepper.
- Blend until smooth. If the vinaigrette is too thick, you can add a little water to achieve your desired consistency.

## Assembling the Salad

- Arrange the mixed salad greens on individual plates, bowls, or a large serving platter.
- Slice the rested duck breasts into thin strips.
- Scatter the caramelised figs and sautéed onions over the greens.
- Place the sliced duck breast on top.
- Drizzle the raspberry vinaigrette generously over the salad.

## Serving

- Serve the Duck Breast and Fig Salad with Raspberry Vinaigrette immediately, garnishing with additional fresh raspberries if desired.

