



EYCKZIMMER

Roast Barbary duck with spiced oatmeal crust, cherry-scented jus, parsnip mousse and potato pirogge

Ingredients

1 No Whole Barbary duck
Little oil for roasting
Seasoning

Parsnip puree

2 No Parsnip
100ml Cream
30g Butter
Salt and pepper

Potato and duck confit Pirogge

2 No Potatoes
1 No Egg yolk
80g Flour
4 Coriander leaves chopped
Duck leg meat confit
30ml Duck sauce reduced

Cherry Jus

Duck trimmings without skin
10g Vegetable oil
100ml Port wine
100ml Chicken stock (optional)
50ml Cherry jus
20g Butter
Salt and pepper

Oatmeal crust

40g Oatmeal
2g Black pepper coarsely ground
20g Honey

Savoy cabbage balls

1 No Savoy cabbage
50g Butter
Water or vegetable stock
Salt and pepper

Garnish

4 No Cherries
1 No Lemon zest confit



Method

Roasted Barbary duck

- take the breasts of the bone and trim
- with a very sharp knife or razor blade make tiny incisions into the fat taking care not to damage the meat (this will help to a crispy skin as the fat is released)
- in a hot pan with a little oil fry the seasoned duck breast mostly on the skin side - so that the result will be a beautiful pink duck with a crispy skin
- brush the duck with a little honey and sprinkle the spiced oat crust on top cut lengthways in half and serve half a breast per portion

Parsnip puree

- peel and steam or boil the parsnips in lightly salted water until tender, then drain
- place in a food processor and puree till fine
- when serving add the cream and butter and adjust seasoning
- the consistency should be very light and creamy

Cherry Sauce for duck

- in a hot pan with some oil roast of the duck trimmings golden brown
- deglaze with the red Port wine and reduce
- add the chicken stock and reduce to required flavour and consistency (if necessary thicken with a little corn flour)
- the sauce should be concentrated in flavour
- add the cherry juice and whisk in the cold butter

Potato Pirogge with duck filling

- boil the peeled potatoes in lightly salted water until just tender then drain
- keep it on the stove for 1 minute so that any excess steam will evaporate
- then pass through a fine sieve
- mix in the egg, sieved flour and chopped coriander
- adjust seasoning
- chopped the duck leg meat finely and quickly fry in hot pan and deglaze with some of the duck sauce it should have the consistency of a chutney then chill
- weigh out 4 portions of 40g of this potato mix and shape into a ball
- with your finger make a little indentation and place some of the duck filling inside
- shape this now into a rectangular shape pressing all sides down and mark with the back of the knife
- place these in boiling water for 1 minute until they rise to the top
- take them out and dry
- now fry them golden brown in butter

Oatmeal crust

- lightly toast the oats and mix with a little black cracked pepper



Lemon zest confit

- peel the lemon skin with a peeler avoiding the white pith
- then cut into very fine julienne
- place into cold water and bring to the boil
- repeat this process 2 more times
- final stage drain and mix the lemon julienne with a little honey and set aside

Cabbage Ball

- reserve 4 not too dark leaves of the Savoy cabbage and cook in boiling water until tender and refresh in ice water
- the rest of the Savoy cabbage cut into fine julienne and quickly sautéed in butter and a little water until tender
- adjust seasoning
- now place some of this mix into the cabbage leaves and shape in cling film to perfect size balls
- reheat these to order over steam or in simmering water

Serving

- place a nice tear drop shape of the parsnip puree on the plate
- arrange the duck breast with the oatmeal crust on top in a slight angle
- sit the cabbage ball and the potato Pirogge on either side and drizzle some of the jus around
- garnish with a small cherry and lemon zest confit