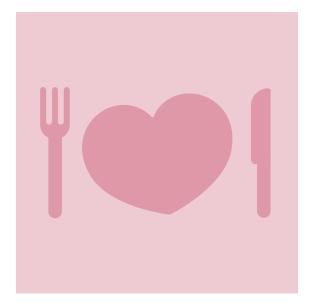


DUCK BREAST RISOTTO

This recipe uses fresh duck breast. Alternatively choose one of the products from the Luv-a-Duck Roast Range.

Difficulty: Easy

Prep: 10 minutes
Cooking: 30 minutes



INGREDIENTS

4 Luv-A-Duck duck breasts
1 tsp olive oil
1 large onion, chopped
1 clove garlic, chopped
1 sprig thyme, chopped
1 tbsp parsley, chopped
1.5 litres Luv-A-Duck duck stock
(or chicken stock)
350g arborio rice
1 cup button mushrooms, sliced
Salt and freshly ground black
pepper

METHOD

- 1. Preheat the oven to 190 degrees.
- 2. Score the skin of the duck breast 4-5 times with a sharp knife. Season with salt and pepper.
- 3. Heat a pan until you can feel moderate heat coming off it. Place the duck, skin side down into the pan for 5 minutes until golden. Turn the duck breast over and cook for 2 minutes.
- 4. Place the duck in a roasting tray and cook in the oven for 8 minutes. Remove the duck and let this rest for at leaast 5 minutes before slicing into it.

Cooking the risotto:

- 1. Put the stock onto simmer.
- 2. Heat the oil in a suitable size heavy-based pan.
- 3. Add the onion and garlic and cook for a couple of minutes.
- 4. Add the rice and stir for a couple of minutes; add the herbs and add a ladle of stock to the rice and stir until well absorbed.
- 5. Add another ladle of stock and stir well until absorbed and continue to cook, adding the stock and stirring all the time.
- 6. When almost cooked and most of the stock is gone, add the mushroom; season with a little salt and pepper as required.
- 7. Spoon the risotto onto a hot plate, slice the duck breast 3-4 times and arrange neatly on top, serve immediately.

CHEF'S TIPS

The quantity of the stock is just a guide (cook the risotto until the rice is tender and it has a creamy consistency).