



DUCK PROSCIUTTO

Difficulty: Easy

Serves: 6

Prep: 1 hour

Cooking: 15 hours + 3 weeks of curing



INGREDIENTS

1 x pack 380g Luv-A-Duck, Duck Breasts
1kg salt
Freshly cracked pepper

Herb Mix

1/2 tbsp dried thyme
1/2 tbsp dried marjoram
1/2 tbsp dried basil
1/2 tsp dried rosemary
1/2 tsp dried sage
1/2 tsp chilli flakes
1 tsp fennel seeds

METHOD

1. Trim duck of any sinew. Place half of the salt into a non-reactive container and nestle the duck breast skin side up into salt. Completely cover with the remaining salt and place in the fridge for 15-24 hours (no longer than this as the end result may become too salty).
2. Scrape salt off and wash the duck 2-3 times in fresh water. Pat dry. Generously sprinkle over pepper on both sides of duck and then sprinkle over the herb mix. Wrap each duck breast in a clean tea towel and let cure in the fridge for 3 weeks. Check every week to ensure the duck is curing nicely.
3. Thinly slice and serve with croutons, butter and cornichon or serve in a salad.

Recipe by Justine Schofield and courtesy of [Everyday Gourmet](#)