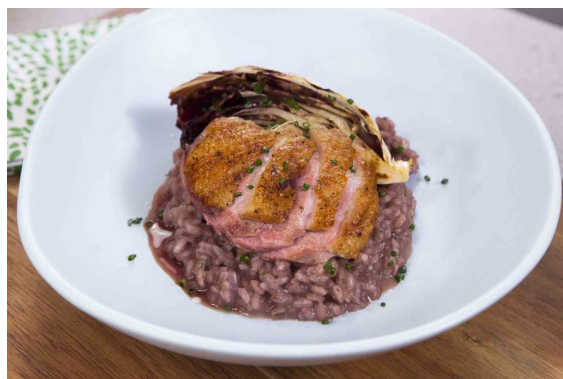




RED WINE RISOTTO WITH DUCK BREAST

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy
Serves: 4
Cooking: 1 hour



INGREDIENTS

2 Luv-a-Duck Fresh Duck Breasts, scored
1 tblsp olive oil
1 onion, finely diced
1 clove garlic, finely chopped
3 sprigs thyme, leaves picked
300g arborio rice
300ml red wine, reduced over the heat to 150ml
1L chicken stock
25g butter
Salt and pepper
20g parmesan, finely grated
1 small radicchio, cut into quarters

METHOD

1. For the risotto, place stock and wine in separate pot and bring to the boil.
2. In a large sauté pan, sweat the onion and garlic in the oil and cook until soft. Now add the rice. Coat the rice with the onion mixture. Add the wine and allow the rice to absorb the liquid.
3. Ladle by ladleful add the stock, allowing the rice to absorb the liquid each time. Do not over stir but rather agitate the pan. This should take 20 minutes.
4. Score the duck skin and season with salt and pepper. Heat a pan until you can feel moderate heat and place the duck, skin side down into the pan for 5 minutes until golden. Turn the duck breast over and cook for 2 minutes. Place the duck in a roasting tray and cook in the oven for 8 minutes. Remove the duck and let this rest for at least 5 minutes before slicing into it.
5. Once the rice is al dente and cooked, incorporate the butter then remove from the heat. Fold the Parmesan through risotto.
6. Divide the risotto between four plates, top with a wedge of the radicchio and a few slices of Duck.