



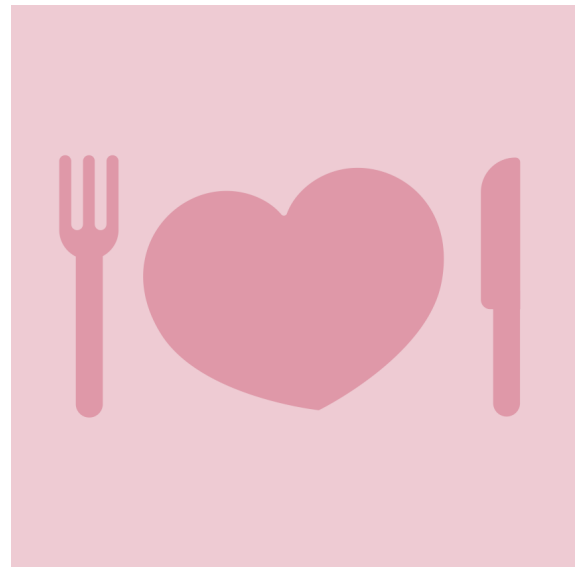
DUCK BREAST RISOTTO

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 least 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).