



DUCK RISOTTO WITH GREEN PEAS



Risotto is easy to cook, but there are a couple of things to remember, use a good quality risotto rice such as caneroli and a heavy based saucepan.

Difficulty: Easy

Serves: 4 as a main

INGREDIENTS

2 Luv-a-Duck, Duck Breasts
1 tbsp olive oil
1 tbsp butter
1 onion, diced
1 clove garlic, crushed
1 cup risotto rice
4 cups x Luv-a-Duck, Duck Stock
1 cup green peas frozen
1 tbsp parsley, chopped
100g Parmesan cheese

METHOD

1. Score the skin of the duck breast 4-5 times with a knife.
2. Cook skin side down in a hot fry pan for 3 – 4 mins, this will crisp the skin and render out the fat.
3. Turn over and seal other side for 1 minute. Place in a hot oven 200C for 8 mins. Rest the duck after cooking. When cool, slice thinly.
4. Put the stock on to simmer.
5. Heat the oil and butter in a suitable size heavy-based pan.
6. Add the onion, garlic and cook for a couple of minutes without letting it colour.
7. Add the rice and toast for a couple of minutes, add a ladle of stock to the rice and stir till well absorbed.
8. Add another ladle of stock and stir well until absorbed and continue to cook, adding the stock and stirring all the time. Add the peas and stir through.
9. When adding the last spoon of stock, add the chopped parsley and sliced duck reserving one or two slices to serve on top.
10. Stir and allow to thoroughly heat through.
11. Add the parmesan cheese and mix in well. Seasoning to taste.

CHEF'S TIPS

To make a risotto you must stir each ladle of stock into the rice until it is absorbed, this gives the rich taste and creamy texture.