



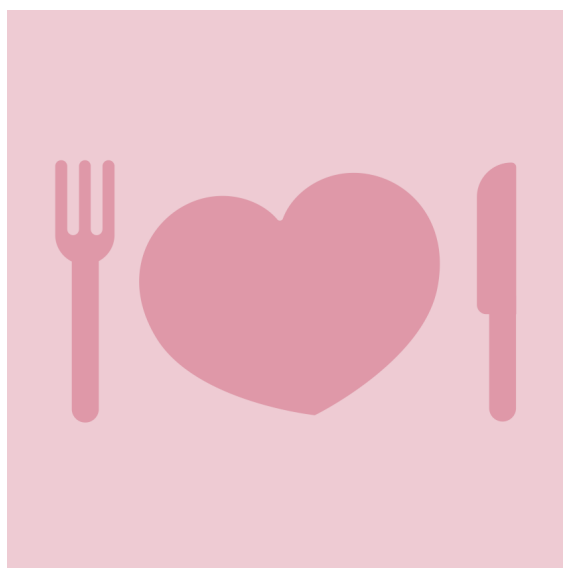
SHREDDED DUCK SALAD

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 1 hour 45 minutes



INGREDIENTS

2kg Luv-a-Duck Whole Duck
Salt and pepper
2 tbs. rice, toasted in a dry pan
¼ of a honeydew melon, cubed
1 Lebanese cucumber, sliced
1 ruby grape fruit, segmented
½ bunch coriander, leaves picked
½ bunch Thai basil, leaves picked
½ bunch Vietnamese mint, leaves picked
50g peanuts, toasted

Dressing:

1 kaffir lime leaf, finely sliced
1 chilli, finely chopped
2 tbs. palm sugar
2 tbs. lime juice
2 tbs. fish sauce
1 tsp. lemongrass, finely grated

METHOD

1. Pre heat the Duck to 180°C.
2. Season the Duck with salt and pepper and place on a wire rack in a baking dish and back for 1 hour and 20 minutes.
While the Duck is cooking, make the dressing by combining all the ingredients in a bowl.
In a mortar and pestle crush the rice until it forms a crumb-like texture.
3. Once the Duck is cooked cool and then remove all of the skin. Pick the meat from the bones and mix with the honeydew, grape fruit, cucumber, herbs and peanuts. Pour over the dressing and toss with the dressing. Arrange on a large platter and finally sprinkle with the crushed rice.