



## BERTUS COOKS

### DUCK BREAST & MIXED BABY LEAVES SALAD WITH POTATO STACK

#### POTATO STACK

##### INGREDIENTS

- 3 to 4 large potatoes
- 3 to 4 sweet potatoes
- 200 ml double thick cream
- 2 tablespoons butter
- salt to taste
- 2 pinches nutmeg
- Rendered duck fat (purchased)

##### METHOD

1. Place sweet potatoes in a medium saucepan; add enough water to pan to cover potatoes. Cover; bring to a boil over high heat. Reduce heat; simmer covered until sweet potatoes are very tender, about 12 minutes.
2. Drain sweet potatoes in a colander. Add cream and butter to same saucepan; place over low heat and stir mixture until butter is melted. Transfer sweet potatoes to blender; add salt and nutmeg. Add melted butter and cream.
3. Slice potatoes 2-3 mm thick.
4. Place potatoes in a medium saucepan; add enough water to pan to cover potatoes. Cover; bring to a boil over high heat. Reduce heat; simmer covered until potatoes are soft, but not overly soft.
5. Heat fat in a 12-inch non-stick skillet over medium heat until melted. Cook potatoes with a pinch of salt, turning gently, until coated with fat. Reduce heat to medium-low and cook, turning occasionally, until potatoes are tender and golden brown, about 10 to 15 minutes.
6. Assemble: 1 layer potato, 1 layer whipped sweet potato, alternate layers until the stack is finished.



You can use a stainless steel ring to “guide the process”.

#### MIXED BABY LEAVES SALAD & MUSTARD VINAIGRETTE

##### INGREDIENTS

- 1 tablespoon minced shallot
- 1 clove garlic, minced
- 1 tablespoon whole-grain mustard
- 1 tablespoon cider vinegar
- 1 teaspoon honey
- Pinch of Maldon salt
- Pinch of cayenne pepper
- 2 tablespoons olive oil
- 1 tablespoon rendered duck fat (from cooking the potatoes)
- 2 teaspoons chopped fresh tarragon
- Freshly ground black pepper
- A range of mixed baby leaves

##### METHOD

1. To make the vinaigrette, in a small bowl whisk together the shallots, garlic, mustard, vinegar, honey, salt, and cayenne pepper.

2. Gradually drizzle in the oil a few drops at a time while whisking constantly, followed by the duck fat. Whisk in the tarragon and black pepper to taste.

3. To serve, toss the salad leaves with 1 tablespoon of the mustard vinaigrette and then arrange the salad on four individual plates. Top each salad with sliced duck breast, then drizzle a dash of vinaigrette over.

## DUCK BREAST

### 🍷 INGREDIENTS

- 4 free range duck breasts, skin scored.
- 1 tablespoon Maldon salt
- 1 teaspoon black peppercorns
- 4 star anise pods
- 4 allspice berries
- 4 juniper berries

### 🛒 METHOD

1. Heat peppercorns, star anise, allspice & juniper in a small pan to release their oils.
2. Transfer once cooled to pestle and mortar, add salt and grind mixture.
3. Rub (“massage”) into the duck breast and let it “marry” for 4 hours.
4. Transfer breasts to vacuum-sealed bag and cook in slow cooker on low setting for 2 hours.
5. Fry in rendered duck fat until skin is dark brown.

