



Pan-Roasted Duck Breast, Parmesan Gnocchi, Young Seasonal Veg & Fermented Raspberry Jus

by Johnny Pons, Head Chef at The Kingham Plough

Serves 4

INGREDIENTS

- 4 x 6-7oz duck breast

GNOCCHI

- 350g dry mash (about 500g potatoes)
- 150g '00' flour
- 20g soft butter
- 15g salt
- 2 egg yolks
- 50g finely grated parmesan
- 10g chopped tarragon
- 5g minced truffle

VEGETABLES

- 1 leek
- 8 young carrots
- 8-12 baby turnips
- 20g chopped parsley

RASPBERRY

- 150g raspberry
- 100g water
- 10g salt
- 1 spring of thyme

METHOD

FERMENTING THE RASPBERRIES

1. First you will need to make a brine. Heat up the water and the salt until the salt resolves.
2. Add the thyme when it's still hot and put in the fridge to cool.
3. Place the raspberries in a Kilner jar. Don't force them in, leave at least a centimetre from the top.
4. When the brine is chilled, pour over the raspberries making sure they are completely submerged.
5. Fermenting will unfortunately take between 4-6 months. The raspberries will become almost sweet and sour. If this is something you can't quite wait for, you can simply macerate raspberries with a little sugar, and Chardonnay vinegar.
6. Leave this to the side until we are ready to finish the sauce.

GNOCCHI

1. Bake the potatoes at 180°C for an hour, or until tender when poked with a knife. Cut in half, and scrape out the centre of the potatoes discarding the skins.
2. Push the centre of the potatoes through a drum sieve, or a ricer to get a dry mash.
3. Mix the dry mash with the other ingredients to form a soft dough, knead enough to ensure everything is mixed, but be careful not to over mix.
4. Roll out and shape using the extra flour and semolina.

5. Blanch the gnocchi in boiling water and remove from the pan when they start to float, transfer into ice water to chill.
6. You can store the gnocchi submerged in vegetable oil for up to 5 days.

BABY VEG

1. Peel the turnips and carrots, and cook in boiling water until tender, then chill in ice water.

LEEK

1. Cut the leek in half down the length of the leek, and finely slice. Refresh them in water.
2. Drain the leeks by removing them by hand from the water. If you pour into a colander you will just add all of the grit back to the leeks.
3. Gently cook in butter and salt for 1 minute until soft. Remove from the heat and set aside on a tray for reheating.

DUCK

1. Prepare the duck by removing the membrane to top of the skin. Sous-vide cook (in a water bath) for 40 minutes at 64°C, and cool.
2. Score the top of the fat with a crisscross pattern. This will help render down the fat and make the skin crispier.
3. Finish in a medium hot pan with foaming butter and thyme.

4. Start skin side down first, then sear all of the meat to keep the juices in.
5. Put in the oven for 4-5 minutes at 180°C to reheat, skin side down. Leave to rest before plating.

TO FINISH

1. Reheat the baby vegetables, and season to taste. Place the leeks and duck in the oven for 2-3 minutes to reheat.
2. Bring a little jus to the heat and finish with a few fermented raspberries. Now you are ready for plating.
3. Making sure all of the elements are hot. Place the leeks in the centre of the plate, carve the duck and place on top of the leeks.
4. Place the gnocchi and baby veg around the duck and leeks.
5. Finish with a healthy drizzle of sauce over the duck.
6. Make sure pieces of raspberries are left in the pan. Gently finish by placing a few bits of the raspberry over the gnocchi and the veg.