

DUCK BREAST WITH
ROOT VEGETABLE AND
BEETROOT PURÉE

Recipe by Adam Simmonds

PAIR WITH:

"NAPA VALLEY CARNEROS"
PINOT NOIR

INGREDIENTS

2 large duck breasts, skin scored
8 baby beetroots, 4 pink and 4 yellow
2 carrots, cut into large batons
1 rutabega, peeled and cut into large batons
3½ ounces of butter
1 garlic clove, bashed
4 sprigs of thyme
Balsamic vinegar
Salt and pepper

BEETROOT PURÉE

1 large beetroot
Olive oil
Salt, to taste
Sugar, to taste

GARNISH

red vein sorrel leaves thyme leaves,
picked

PREPARATION

Purée

- To begin, make the beetroot purée. Add the beetroot to a deep pan of water and simmer until tender. Alternatively, you can roast it with a dash of olive oil.
- Peel the beetroot while still warm and roughly chop. Place in a food processor with a splash of oil, salt and sugar and blend to a smooth purée. Taste and adjust the seasoning if necessary and transfer to a small pan, ready to re-heat for serving.

Vegetables

- Preheat the oven to 375°F.
- Now prepare the remaining vegetables. Cut the carrot and rutabega to similar-sized pieces as the baby beetroots as they all have a similar cooking rate. Halve the baby beetroots if they're a little big.
- Add the butter to a large ovenproof frying pan over a high heat. Once foaming, add the garlic and thyme, allow to pop for 5 seconds then add the vegetables.
- Salt and pepper well, toss to coat and place into the oven for 30-40 minutes until golden and tender.
- Remove from the oven, drain off any excess butter and add a small dash of balsamic to the pan. Toss to glaze the vegetables.

Duck Breasts

- Preheat the oven to 325°F.
- Season the skin and place skin-side down in a dry ovenproof frying pan over a low-medium heat. Render the skin down until golden and crisp, then turn the breasts over and place the pan in the oven for 6-10 minutes. Allow to rest in a warm place for 10 minutes before carving.
- While the duck is resting, gently reheat the purée.
- To assemble the dish, spoon the purée onto plates, then arrange the vegetables and duck breast on top. Garnish with red vein sorrel and fresh thyme leaves.