

## Smoked Sonoma Duck Breast

foie gras “hush puppies” pickled mustard seeds, candied pecans




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4 portions

### PICKLED MUSTARD SEEDS

Mustard Seeds	50g	brown
Water	90g	filtered
Apple Cider	90g	artisanal
Maple Syrup	90g	pure, vermont
Mustard Powder	5g	
Red Chili Flakes	1g	

### CANDIED PECAN NUTS

Sugar	125g	white, granulated
Water	125g	cold
Pecan Nuts	60g	raw halves
Fleur de Sel	3g	sub maldon flaked

### FOIE GRAS HUSH PUPPIES

Foie Gras	100g	cooked, torchon
Flour	100g	all purpose
Egg	2 ea	fresh, whole
Crème Fraiche	20g	sub heavy cream
Panko Breadcrumbs	100g	sub quinoa flakes for gluten free
Cornmeal	20g	yellow

### OTHER

Duck Breast, smoked, 6oz	2ea	Liberty ducks, cured & hot smoked
Honeydew Melon	80g	peeled, deseeded, 1cm dice
Apple, green	40g	matchsticks
Petit Greens	60g	yellow frisee, arugula, red sorrel, pea sprouts
Olive Oil	15g	extra virgin, first pressed
Oil for frying		corn or grapeseed



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#### Method :

Start by making the **pickled mustard seeds**, bring a medium pot of water to a boil and blanch the mustard seeds by brining the water back up to the boil, strain into a fine colander and re-fresh in iced water. To remove the bitterness of the mustard seeds you need to Repeat a further 6-7 times in fresh boiling water every time.

Bring the vinegar, water, maple syrup, mustard powder and chili flake to a boil, drop in the blanched mustard seeds and simmer for 4-5 minutes, remove from the heat, cool and store in an airtight container. The mustard seeds are better left to macerate for a minimum of 36 hours before use.

Secondly make the **candied pecan nuts** by bringing together the nuts, sugar and water to a boil and simmer for 10 minutes, strain and allow to cool and drain of all liquid. Heat enough oil in a small deep pot, over medium heat, no more than 3" from the top to reach 350F degrees, test the temperature by dropping in one pecan nut, if the oil bubbles around the nut, your oil is ready, drop the nuts in and fry for 4-5 minutes till dark golden and crispy, remove from the oil and drain on kitchen paper towel and whilst still hot sprinkle with the fleur de sel. A little sweet a little salty! ..... reserve the oil for frying the hush puppies.

For the **foie gras hush puppy** croutons, first start by cutting your cooled foie gras into small 1cm dice and place in the freezer whilst you organize the next step, for your breading station, sift the flour into one bowl, beat the eggs and crème fraîche into another bowl with a spoon of water, combine the panko and cornmeal together in a third bowl.

Once ready, take the foie gras dice and dredge through the flour, followed by dipping through the egg wash mixture and then dredging through the breadcrumb mixture, shaking any excess ingredients off after each step, then for a second time dip through the egg mixture and then again, the breadcrumb mixture, place on a plate or tray in single layer and again place back into the freezer till required. These can be kept in the freezer for a considerable time if stored correctly in an airtight container.

When required, heat the reserved oil over medium heat to 375F degrees and fry till golden brown, remove and drain on kitchen paper.

To prepare the **smoked duck**, remove any excess fat as needed, using a sharp carving knife or meat slicer as you see fit, slice thinly and place nicely and neatly on your desired plate. Garnish with the diced honeydew, foie gras hush puppies and apple matchsticks, drizzle around the pickled mustard seeds and garnish with the petit greens.

Finish with the candied pecan nuts and a drizzle of extra virgin olive oil, a little sprinkle of fleur de sel and a turn of fresh milled black pepper.