

Menu Type: Main
Cuisine: Australian

Country: Australia

Name of Dish: Confit duck + braised red cabbage + green olive pesto + port jus (gf)

No of Portions: 5

Ingredients	Quantity	Unit
Duck Maryland	1	kg
Oil to cover duck		
Thyme	½	bunch
Red cabbage	1	each
Red wine vinegar	200	ml
Brown sugar	100	g
water	200	ml
Bay leaf	4	each
Duck demi glaze to serve	100	g
Green olive pesto		
Green olives, rinsed well and patted dry	200	g
Capers	100	g
Extra – virgin olive oil	60	ml
Parsley	1	bunch
Garlic (confit)	2	cloves

Method:

1 Step

Salt duck for 2 hours. Wash off and pat dry. Cover with oil, lemon zest, star anise, thyme and cook in an oven at 90 degrees for 12 hours until soft.

2 Step

Cabbage: Cut cabbage into 8 wedges. Place in a tray. Place vinegar, sugar, water, bay leaf in a pot bring to boil Cover the cabbage with the liquid and cook in an oven at 150 degrees for 20-30 minutes.

3 Step

In a food processor puree the olives with the garlic paste, the parsley and the capers, with the motor running add the oil in a stream and blend the mixture well.

4 Step

To serve: On a tray heat the duck leg and cabbage wedge in a 180-degree oven for 10 minute Place cabbage on the plate first and place duck leg half on, demi glaze and half off the cabbage and finish with pesto.