

# Roasted breast of duck with heart stew, gizzard sausage, confit duck legs, dauphinoise potatoes and squash purée

**overnight**

preparation time

**over 2 hours**

cooking time

**Serves 4**

## Ingredients

- 2 small ducks or wild mallards, breasts removed, bones removed from legs and reserved, leg meat separated into thighs and drumsticks, hearts and gizzards reserved (ask your butcher to do this for you)

### For the heart stew

- 3 sprigs fresh thyme, leaves only
- 2 garlic cloves
- 500ml/18fl oz red wine
- 400g/14oz duck hearts (see above), white parts trimmed, each heart cut into quarters
- 50g/2oz butter
- 110g/4oz celeriac, peeled, chopped
- 110g/4oz carrots, peeled, chopped
- 110g/4oz onions, peeled, chopped
- 1 litre/1¾ pints demi-glace sauce
- handful chopped fresh parsley

### For the duck consommé

- duck leg bones (see above)
- 150g/5oz mirepoix (mixture of finely chopped carrot, onion, celery and leeks)
- 1 tbsp tomato purée
- 150ml/5fl oz red wine
- 2 free-range egg whites
- 1 duck breast (see above)

### For the duck legs

- 4 duck legs, cut into drumsticks and thighs
- 1 litre/1¾ pints duck fat
- 2 sprigs fresh thyme, leaves only
- 2 garlic cloves
- flour, for dredging
- 1 free-range egg, beaten
- dried breadcrumbs, for dredging
- vegetable oil, for deep frying

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*NB: For this recipe you will need an espuma gun and carbon dioxide cylinders.*

### For the gizzard sausage

- sea salt
- 125g/4½oz duck gizzards (see above)
- Duck fat reserved from duck legs ingredients (see above)
- 1 chicken breast
- 1 free-range egg white
- 200ml/7oz double cream
- 4 slices Parma ham

### For the clementine foam

- 10 clementines
- 1 clove
- 1 star anise
- 1 cardamom pod, lightly crushed
- 25ml/1fl oz brandy
- splash orange juice

### For the dauphinoise potatoes

- butter, for greasing
- 110ml/4fl oz double cream
- 110ml/4fl oz milk
- 1 garlic clove
- pinch freshly grated nutmeg
- salt and freshly ground black pepper
- 4 large Maris Piper potatoes, peeled, finely sliced on a mandolin

### For the squash purée

- 110g/4oz butter
- 1 chestnut squash or butternut squash, peeled, seeds removed, finely sliced
- 50ml/2fl oz hot chicken stock

### For the duck breast and kale

- 200g/7oz kale, leaves only, washed
- 50g/2oz butter
- salt and freshly ground black pepper

## Preparation method

1. For the heart stew, in a bowl, mix together the thyme, garlic and red wine until well combined. Add the pieces of duck heart and stir to coat them in the marinade. Set aside for 24 hours to marinate, then remove the hearts and pat dry with kitchen paper.
2. Meanwhile, for the duck consommé, preheat the oven to 140C/275/Gas 1.
3. Place the duck bones into a roasting tray and roast for three hours,

- or until all of the fat has melted and the bones are dry. Set aside.
4. Heat the butter in a frying pan over a medium heat. Add the mirepoix vegetables and fry for 3-4 minutes, stirring well, or until softened and golden-brown.
  5. Add the tomato purée and continue to fry for a further 2-3 minutes.
  6. Add the reserved duck bones and the red wine, then add enough boiling water to cover the duck bones. Bring the mixture to a simmer, then continue to simmer, uncovered, for 4-5 hours, skimming the fat from the surface of the liquid regularly.
  7. Pass the mixture through a fine sieve and discard the bones and mirepoix vegetables. Return the strained liquid to a clean saucepan and bring to a simmer. Continue to simmer until the volume of liquid has reduced by about three-quarters and the consommé is thick and dark.
  8. In a food processor, blend the egg whites and one of the duck breasts until smooth. Add the mixture to the consommé and return the mixture to a simmer (do not stir the mixture or let it boil). Simmer gently for 12-15 minutes, carefully skimming off any impurities that rise to the surface of the liquid.
  9. Strain the consommé through fine muslin into a clean bowl. Set aside and keep warm.
  10. For the duck legs, preheat the oven to 140C/275F/Gas 1.
  11. Place the duck legs into an ovenproof dish and cover with the duck fat. Add the thyme and garlic to the mixture, then cover the dish with greaseproof paper. Transfer to the oven and cook for 2-3 hours, or until the meat is tender. (Reserve the cooking fat.)
  12. Set the drumsticks aside to cool, then chill in their fat in the fridge until set.
  13. Flake the thigh meat into fine shreds, set aside until cool, then chill in fridge until cold.
  14. When the thigh meat has chilled, roll the shredded meat into four balls about the size of ping-pong balls. Return to the fridge and chill again.
  15. Sprinkle the flour onto a plate. Beat the eggs in a bowl. Sprinkle the breadcrumbs onto another plate. When the balls of duck have chilled, dredge each first in the flour, then dip it into the beaten egg, then roll it in the breadcrumbs until covered.
  16. Heat the oil in a deep fat fryer to 180C. (CAUTION: Hot oil can be dangerous. Do not leave unattended.) When the oil is hot, carefully lower the coated duck balls into the oil and fry for 2-3 minutes, or until crisp and golden-brown and heated through. Remove from the pan using a slotted spoon and set aside to drain on kitchen paper.
  17. Meanwhile, for the gizzard sausage, sprinkle the sea salt onto the duck gizzards and set aside for five hours. Rinse well.
  18. Place the gizzards into an ovenproof dish and cover with the duck

fat used to cook the drumsticks. Cover the dish with greaseproof paper. Transfer to the oven and cook for 2-3 hours, or until the gizzards are tender.

19. Set the gizzards aside to cool, then chill in their fat in the fridge until set.
20. In a food processor, blend the chicken breast to a paste, then add the egg white and blend again until smooth. With the motor running, gradually add the cream in a thin stream, until all of the cream has been incorporated into the mixture and the mixture is smooth.
21. Fold the cream mixture into the chilled confit gizzards.
22. Place a sheet of heatproof cling film onto a work surface and spoon the mixture onto it. Spread the mixture into a long sausage shape, then roll the cling film tightly around it to form a long sausage about 20cm/8in long.
23. Bring a large pan of water to a simmer. Carefully lower the gizzard sausage into the water and poach for 18-20 minutes, or until cooked through. Remove from the pan using a slotted spoon and set aside to cool. When cool enough to handle, remove the cling film, then wrap the Parma ham around the sausage. Chill the gizzard sausage in the fridge until needed. Before serving, cut it into four equal pieces.
24. For the clementine foam, bring all of the clementine foam ingredients to a simmer in a large pan. Continue to simmer for 45 minutes to one hour, or until the clementines are completely soft.
25. Transfer the mixture to a food processor and blend until smooth, then strain the purée through a fine sieve.
26. Pour the clementine puré into an espuma gun and charge with carbon dioxide cylinders. Keep warm.
27. Meanwhile, for the dauphinoise potatoes, preheat the oven to 180C/350F/Gas 4. Grease a 12.5cm x 7.5cm x 5cm/5in x 3in x 2in ovenproof dish with butter.
28. In a pan, heat the cream, milk, garlic and nutmeg over a low to medium heat for 6-8 minutes (do not allow to boil). Season the mixture, to taste, with salt and freshly ground black pepper. Discard the garlic clove.
29. Arrange the potato slices in layers in the prepared dish until they reach three-quarters of the way up the sides of the dish.
30. Pour the garlic cream mixture over the potatoes until it covers the potatoes. Cover the dish with aluminium foil and transfer to the oven. Bake for 45 minutes to 1 hour, or until the potatoes are tender.
31. Remove the potatoes from the oven (keep the oven on) and place a tray slightly smaller than the dish onto the top of the potatoes. Weigh the tray down with a heavy saucepan, then set the potatoes aside for two hours, or until cold.  
Meanwhile, for the squash purée, heat the butter in a large frying

- 32. pan over a medium heat. When the butter is foaming, add the squash slices, in batches, and fry for 8-10 minutes, turning once, or until very soft. Repeat the process with the remaining batches of squash.**
33. Transfer the softened squash to a food processor and blend to a smooth purée, adding a little of the chicken stock to the mixture as necessary during blending.
34. Strain the mixture through a fine sieve and set aside until ready to serve. Keep warm.
35. When the duck hearts have marinated, continue with the heart stew. Heat the butter in a frying pan over a medium heat. When the butter is foaming, add the marinated duck hearts and fry for 2-3 minutes, or until browned on all sides.
36. Add the vegetables and continue to fry for 4-6 minutes, or until softened.
37. Add the demi-glace and continue to cook until the hearts are tender. Stir in the chopped parsley just before serving.
38. Just before serving, turn the dauphinoise potatoes out onto a clean work surface and cut it into 5cm x 2.5cm/2in x 1in rectangles. Return the dauphinoise potatoes to the oven for 5-8 minutes, or until warmed through.
39. For the duck breast and kale, heat a large ovenproof pan over a high heat. When the pan is hot, add the remaining duck breast, skin-side down, and the gizzard sausage and fry for 6-8 minutes, or until the skin of the duck breast is crisp and golden-brown.
40. Transfer the pan to the oven and continue to cook for 2-3 minutes, or until the sausage is cooked through and the duck breast is cooked to your liking.
41. Bring a pan of salted water to the boil. Add the kale and boil for 1-2 minutes, or until just tender. Drain well and refresh in ice cold water, then drain again.
42. Heat the butter in a frying pan over a medium heat. When the butter is foaming, add the kale and fry for 1-2 minutes, stirring well, until coated in the butter and warmed through. Season, to taste, with salt and freshly ground black pepper.
43. To serve, place two rectangles of dauphinoise potatoes onto each of four serving plates. Carve the duck breast into thin slices and arrange some of them on top of the dauphinoise potato rectangles. Place one confit duck ball alongside each serving. Pile the kale alongside and lay a slice of the gizzard sausage and a duck drumstick on top. Smear the squash purée onto the outer edge of the plate. Pour the hot consommé into shot glasses and place one onto each plate. Squeeze some of the clementine foam on top. Serve portions of the heart stew alongside in small serving bowls.