

Duck Breasts with Honey and Soy, Parsnip Puree and Sugar Peas

as presented for the Second Phase Judging of the 2010 Sydney International Wine Competition

Recipe by SIWC Chef Jacqueline Mason

Serves 4

INGREDIENTS

4 Duck Breasts
½ cup Soy Sauce
½ cup Honey
½ Cinnamon Stick
3 Star Anise

2 large Parsnips
30g Unsalted Butter
¼ cup thick Cream
Salt & Pepper
32 x Sugar Peas (approx. 8 per person)

METHOD

1. Combine soy sauce, honey, star anise and cinnamon in a small saucepan.
2. Heat gently until almost boiling.
3. Remove from the heat and cool.
4. Pour over duck breasts and marinate for a minimum of 4 hours.
5. Peel and slice parsnips. Cook parsnip in salted boiling water until very soft.
6. Drain. Then puree in magimix with 25g unsalted butter and cream.
7. Season to taste. Keep warm.
8. Preheat the oven to 140 degrees.
9. Remove duck breasts from marinade. Reserve the liquid.
10. Pat dry the breasts with paper towels.
11. In a heavy based frying pan, place duck breasts skin side down and cook over low heat for 15 – 20 minutes. (It will crisp the skin and melt away the fat).
12. Turn the breasts over and cook the other side for 2 minutes.
13. Transfer to the oven for 4 minutes to finish cooking.
14. Place the reserved marinade in a small saucepan, bring to the boil and simmer for a few minutes.
15. Cook the sugar peas in salted boiling water for a couple of minutes until just done. Drain.
16. Mix with 5g unsalted butter. Toss and keep warm.

TO SERVE

1. Slice duck breasts and place the sliced breast on a plate in an eventail position.
2. Place a mound of the parsnip puree on one side.