

DUCK BREAST & DUCK EGG SALAD

Ingredients

4 Glenfin Duck Eggs
1 Duck Breast (skin on)
100gms Soft Stoned Prunes
1 Medium Red Onion (Halved and thinly sliced)
4 Heads of Chicory, Belgian Endive.
50mls Olive Oil
15mls Red Wine Vinegar or Sherry Vinegar
1 Tablespoon Dijon Mustard
1 Tablespoon Honey
Salt and Pepper

Method

- Heat a non-stick frying pan over a medium heat.
- Score the fat side of the duck breast with a criss-cross pattern making sure that you only cut through the fat and not the meat.
- Season with salt and pepper.
- Place in the hot pan skin side down.
- As the skin cooks the fat will be rendered from it.
- Lower the heat slightly so that the skin does not burn as it cooks.
- Cook for 3 to 4 minutes, turn the breast and cook for 3 more



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Duck Eggs



minutes. If you prefer the meat a little more well done cook the breast a little longer. (The more you cook the meat the less tender it will be.) Remove the breast from the pan to cool.

- Reserve the fat to fry the duck eggs later.
- When cool, slice the duck breast across very thinly
- Break the leaves of the endive and soak in iced water for 10 minutes.
- Drain and dry, place in the fridge until you need them.

To make the dressing

- Whisk together the honey, mustard and vinegar together.
- Very slowly stir in the olive oil making sure that you keep the mixture smooth, season to taste.
- Remove the duck eggs from the fridge at least 30 minutes before you need them.
- Heat a non-stick pan over a medium heat. Add enough fat to the pan to fry the duck eggs. Season the pan lightly with salt.
- Break the duck eggs into the pan. Scoop the sides of the white back over the duck eggs until they stop spreading.
- Sprinkle the top of the duck eggs with a little salt.
- While the duck eggs are cooking slice the prunes thinly.
- In a large bowl put the endive leaves, sliced prunes, sliced duck breast and sliced red onion and mix with just enough of the dressing to coat the salad. Divide the salad equally onto 4 plates and top each with a fried egg.
- Serve immediately

Glenfin Free Range Duck Eggs
Drumbenagh, Tydavnet, Co. Monaghan

Tel: Brian 086 1714240

www.glenfinfarm.ie/recipes

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