

Pickled pineapple and confit duck salad with sweet and sour dressing

By Shannon Bennett

30 minutes

Preparation Time

8 hours 30 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

2 confit duck legs, meat picked off the bone
1 small pineapple, peeled, chopped into batons, 5mm thick
100 ml kombucha
50 ml vinegar
50 g sugar
100 g pancetta, 1cm x 1cm cubes
4 small shallots, finely diced
1 garlic clove, crushed
2 tbsp raspberry vinegar
1 tbsp Dijon mustard
1 tbsp maple syrup
½ cup grapeseed oil
2 cups shredded young kale leaves, stems removed
½ cup fermented red cabbage
½ lemon
50 g yellow frisée lettuce, picked, washed
½ bunch Thai basil, chopped

Confit duck

2 duck legs
100 g sea salt
2 tbsp eight-spice powder
3 sprigs thyme
1 bay leaf
1kg duck fat

Eight-spice powder

2 ½ tsp juniper berries
5 star anise
2 tsp cloves
1 tsp white peppercorns
½ tsp cardamom seeds
1 large cinnamon quill
1 small pinch saffron
2 tsp salt flakes

METHOD

Eight-spice powder

1. Grind the spices and salt to a fine powder in a spice grinder, or mortar and pestle.
2. Toast the ground spices in a large frying pan over a medium heat, induction setting 6 until fragrant (2-3 minutes).
Allow to cool.
3. Store in an airtight container and use as required.

Confit duck

1. Sprinkle each duck leg with salt, eight-spice powder and the herbs. Leave to cure for 2 hours in the refrigerator.
2. Wash and pat dry. Place a resting rack in a medium sized gourmet oven dish. Place the duck legs on top ensuring
to stretch the skin to cover the whole leg.
3. Cover with duck fat and confit in the oven on Conventional at 110°C on shelf position 2 for 6-8 hours. The meat should nearly fall off the bone. Once cooked, carefully drain on a resting rack and leave to chill in the refrigerator.
4. Pick the meat off the legs and keep in a container until needed.

Pickled pineapple

1. In a medium sized saucepan, bring to the boil the kombucha, sugar, vinegar and star anise on high heat, induction setting 8.
2. Turn off the heat, and add the pineapple and leave to macerate for at least 30 minutes, but preferably overnight.

To serve

1. Preheat a non-stick frying pan on medium heat, induction setting 5-6. Heat the duck and warm the diced pancetta.
2. Add the shallots and garlic and cook for a further 30 seconds.
3. Turn up the heat to induction setting 8 and deglaze with the vinegar, maple syrup and oil. Season with lemon juice and mix with the kale, pickled pineapple and fermented red cabbage.
4. Remove and slide the warm salad into a large bowl, add the frisée lettuce and basil, season well and serve on a shallow platter.