

North York Moor Wild Duck Salad caramelised cherries, Malton sloe gin syrup

Wild duck is in season from 1st September until January 31st. They are at their best from late September onwards. The most common duck found in England is the Mallard and that is what we are using today.

Ingredients:

4 wild duck breasts

Approximately 40 cherries

100ml Malton Sloe gin

200 g caster sugar

100 g butter

Various salad leaves such as oak leaf, mizuna, rocket, endive, red chard, little gem. Alternatively, to keep it simple buy a bag of supermarket lettuce and wash it (although this will not have the same intense flavour)

Method:

Season the duck breasts with salt and pepper and cook (with the skin on) in a hot pan until they have colour on both sides and then cook in a hot oven at 180°C for approximately 5 minutes.

Remove the duck and allow to rest in a warm place.

To caramelize the cherries:

Firstly remove the stones from the cherries.

Heat the sugar in a pan until it turns caramel in colour, then add the cherries and the sloe gin.

Next add the butter and heat the whole mixture together until you are left with a tasty caramel cherry "stew".

To assemble the dish:

Arrange the washed salad onto the plate.

Remove the skin from the duck breast and slice thinly, then arrange this in a on top of the salad.

Finally spoon the cherries and sauce around the meat and serve.