

## RECIPES FOR CHICKEN, DUCK AND TURKEY

By Annabelle White

### CRISPY-SKIN DUCK, WILD ROCKET & ORANGE SALAD

Serves 4 Preparation and cooking time: 35 minutes

This recipe may appear incredibly simple but the flavours are fantastic, duck and orange being a classic combination.

#### Ingredients

4 duck breasts, skin on (chicken can be used in this recipe instead of duck)  
2 Tbsp olive oil  
1 Tbsp sea salt  
1 medium mango, sliced  
2 cups wild rocket (if unavailable, use baby rocket or other small green salad leaves)  
2 spring onions, julienned  
½ cup hazelnuts, roasted

#### Dressing

160ml (2/3 cup) balsamic vinegar  
160ml (2/3 cup) fresh orange juice  
1 Tbsp brown sugar  
Zested rind of 1 orange

#### Method

1. Brush the duck with olive oil, then rub it with sea salt. Set aside for 10 minutes.
2. Heat a non-stick frying pan to medium heat.
3. Place the duck skin-side down in the pan and cook for 5 minutes, without moving it. Turn the duck and cook for a further 5 minutes. If the skin is not crisp enough for your liking, turn again and cook for another 2 minutes.
4. Transfer the duck to a rack to drain off excess fat, cover and rest it for 5 minutes.
5. Combine the sliced mango and rocket in a bowl.
6. Slice the duck breasts diagonally and place on a serving plate. Place the salad on top and pour over the dressing. Garnish with the spring onions and toasted hazelnuts.

#### Dressing

Place the balsamic vinegar, orange juice and brown sugar in a small saucepan on medium heat. Simmer for 5 minutes until reduced slightly, then remove from heat and add orange rind.

#### A TIP FOR TURKEY:

Instead of stuffing a turkey, it's a great idea to roast the stuffing separately: that way the cavity can simply be stuffed with citrus and/or onion quarters if you wish, and the roasted stuffing can be sliced easily and served with the hot meat.

Remember: always remove any leftover hot stuffing from the cavity and store it separately in the fridge afterwards. It will keep for 1-2 days.

#### Remember with poultry:

- It is important to always have the stuffing and the bird at the same temperature. Placing a hot stuffing in a very cold bird is not advised, so let the stuffing cool slightly before placing it inside the bird.
- For more great chicken recipes, visit [www.annabellewhite.com](http://www.annabellewhite.com)