

Warner's Budgens Taste Club

December 2009

Whole Roast Duck with Spiced, Braised Red Cabbage and Baby Spinach, Pomegranate, Walnut and Satsuma Salad

To get you in the festive mood, Barry Hancox from Russell's of Broadway restaurant suggests roasting a duck and accompanying it with a medley of seasonal flavours – it's different, it's daring and it's utterly delicious! (Don't worry – it's an absolute doddle too!)

Ingredients

Whole Roast Duck

- 1 Whole fresh duckling weighing 2-2.5lbs
 - ½ Peeled onion
 - sprig of thyme
 - olive oil
 - salt and pepper
1. Remove duck from the refrigerator at least ½ hour before roasting and allow to come to room temperature.
 2. Put peeled onion and thyme inside duck cavity, place on a rack in a roasting tray and drizzle with olive oil. Season well and roast at 180°C until golden brown and the juices run clear from the thigh.
 3. Allow to rest for at least 10 minutes before carving.

Spiced Braised Red Cabbage

- 1 Head of red cabbage, shredded
 - 80g raisins
 - zest of ½ orange
 - 1 apple, peeled and grated
 - ½ cinnamon stick
 - 1 tsp mixed spice
 - 1 star anise
 - 100g unsalted butter
1. Place all of the above into a large stainless steel pan and then add:
 - Juice of 1 orange
 - 600ml red wine
 - 250ml balsamic or red wine vinegar
 2. Cover with a lid, bring to boil, turn down and allow to simmer gently for around 2 hours
 3. Check and stir regularly
 4. For the last 20 minutes remove the lid and allow liquid to evaporate leaving a shiny and moist red cabbage. Add a little water during cooking if necessary to ensure it doesn't dry out

Pomegranate, Satsuma, Walnut and Baby Spinach Salad

- 1 ripe pomegranate, broken open and all seeds removed
 - 4 satsumas, peeled and excess membrane peeled off and broken into natural segments
 - 500g washed baby spinach
 - 150g walnut halves
 - 120ml olive oil
 - 40ml sherry vinegar
 - salt and pepper
1. At the last minute, whisk the oil and sherry vinegar together and season
 2. Put all the other ingredients in a bowl, add the dressing, toss and serve

To serve

Put red cabbage onto plates, slice roasted duck on top.

Serve salad in a large bowl, separately, along with duck gravy made from giblets and roasting gravy.

To drink

Our wine expert, Matt from Vinology, recommends **Omrah Pinot Noir** £11.29

“Classic Aussie Pinot Noir: vibrant and mellow in style with a forceful bombardment of fresh cherry and strawberry fruit preceding a long lasting but supple finish. Ideal with duck dishes.”