TAYLOR & COLLEDGE

Vanilla Duck Breast with Chanterelles Risotto



Preparation: 30 mins
Portions: 2 Portions

Ingredients

Duck breast

2 Duck Breasts
20 ml Light in Colour Olive Oil
2 tsp Taylor & Colledge Vanilla Bean Extract
pinch Salt
pinch Ground Black Pepper

Risotto

160 g Arborio Risotto Rice
120 g Chanterelle Mushroom
1 Shallot
Clove Garlic
20 g Unsalted butter
400 g Chicken Stock
40 ml White Wine
40 g Parmesan
1 Parsley Sprig freshly chopped

Preparation

1. Score the skin of the duck breasts in a crisscross pattern. In a small bowl, combine the olive oil, Taylor & Colledge Vanilla Bean Extract, salt, and pepper. Rub the mixture evenly over both sides of the duck breasts. Cover and fridge for at least 20 minutes to allow the flavours to infuse.
2. Meanwhile, prepare the risotto. In a saucepan, bring chicken stock to a gentle simmer. In a large pan, melt the butter and saute the shallot and garlic until translucent. Add the Arborio rice and cook for 2 minutes until slightly translucent around the edges.
3. Meanwhile preheat your oven to 180°C. Place the duck breasts skin side down in a cold, oven-safe skillet. Turn the heat to medium-low and render the fat, cooking for about 5 minutes until the skin is golden and crispy. Flip the breasts and transfer the skillet to the oven. Roast for 8–10 minutes for medium-rare. Rest the duck for 5 minutes before slicing.