

Vanilla Duck Breast with Chanterelles Risotto



Total Time: 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. Pour in the white wine and stir until reduced. Add the chanterelle mushrooms and 1/3 of the hot chicken stock. Stir gently until absorbed, continuing to add stock in portions while stirring, until the rice is creamy and al dente (about 20 minutes).
4. 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.
5. Stir the grated Parmesan cheese into the risotto and season with salt and pepper. To serve, spoon the risotto onto plates and arrange the sliced vanilla duck breast on top. Garnish with fresh parsley and additional Parmesan, if desired.