

THE LITTLE GERANIUM RECIPES

Fit for a Princess! | Confit of Duck

Background Story

When I tell my stories I often feel that people don't really believe them as they give me weird sort of raised eyebrow looks! However, I assure you they are true! One story which always sticks in my head when clients order our crispy duck salad is one that reminds me of Princess Diana who frequently visited my Pink Geranium restaurant near Cambridge in the UK, she loved the duck salad at lunchtimes. She had mentioned us often in press as one of her favourite restaurants. It didn't do us any harm as you can imagine!

In one of her mentions of us she raved about our crispy duck salad. It's a sensation she said. So here it is the sensational Crispy Duck Salad straight from the menu of our Little Geranium here in La Cala de Mijas. Its great starter if you are throwing a dinner with a glass or two of good rose wine or a slightly chilled red or you could make a huge salad and stick it in the centre of the table for your friends or family to enjoy. Thinking about it, it may even be easier to just come see us and order it off the menu, Michele makes a mean Pomegranate Marguerite to accompany it!

Ingredients (For 4)

- 1 tin of confit duck (we confit our own but it is available in good supermarkets) The tins are usually 750 grm and contain 4/5 legs. You will need approx. half a duck leg per person, the meat picked from the bone carefully so that there is no bone no skin and no gristle
- 4 heaped tablespoons of cornflour seasoned with salt and black pepper
- Oil for frying (sunflower) pre heated in a wok or fat fryer to 190c

For the sauce

- 5 tablespoons from 1 bottle of sweet chili sauce (700ml available from some supermarkets)
- 1 tablespoon of soy sauce
- 2 tablespoons of cooking white wine or light chicken stock
- 1 tablespoon of plum sauce (available in some supermarkets)
- 1 teaspoon of fish sauce (Thai Nam Pla)
- 1 stick of fresh lemon grass finely shredded
- 1 red onion finely chopped

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- 2 cloves garlic peeled and sliced thinly
- 2 teaspoons of sesame oil
- 1 piece of fresh ginger (approx. 3cm) peeled and chopped

For the salad

- Assorted premium salad leaves (2 bags approx. 100g bags)
- 1 red onion peeled and finely sliced
- 1 small bunch of fresh coriander (picked, so that you have little sprigs)
- 1 small bunch of fresh mint some picked some chopped
- 2 mild jalapeno chilies finely sliced
- The seeds of 1 fresh pomegranate

Method

- First prepare the sauce by mixing all the ingredients together and heating in a sauce pan. Add a little cooking white wine or light chicken stock to loosen it a little. Set aside and allow to cool. It should be the thickness of double cream
- Now pull the salad ingredients together so that it is all mixed ready to use
- Take the picked duck meat and toss it through the seasoned cornflour and dust off the flour using a sieve (with the meat in the sieve) so that it isn't thickly coated.
- Fry in the preheated oil in either a large wok or deep fryer until crispy and season immediately with good flakes of salt
- Drain onto tissue
- Put the crispy duck in a clean glass bowl
- Take approx. half a tablespoon of the finished sauce per person and add it to the duck. Drop in the leaves, herbs, pomegranate etc. and mix well together
- Serve with chopsticks!