



GUSTO
Northern Italian



ANATRA CONFIT

Paired with Alessandro Reserve Shiraz

Slow cooked duck Maryland, three texture
pumpkin, baby spinach salad

DIRECTIONS

- Melt the duck fat in a casserole pot on low heat. Add the duck, juniper, star anise, herbs, orange peels, cinnamon, rock salt and whole black pepper. Cover and cook in the oven at 150 ° Celsius for at least 2 hours. The meat slides off the bones when it's ready!
- Pumpkin Three Ways - Take half pumpkin, season with salt, pepper and olive oil, wrap in Al foil and roast in oven at 165 °C for 40 minutes. Once cooked, remove the skin and seeds, roughly cut and put it in a blender with a touch of water and olive oil. Blend it until you have a smooth cream.
- Cut the remaining half of the pumpkin in two. Dice one half and sear the cubes in a pan until golden. With the remaining half, slice it with a mandolin to create "carpaccio" like slices, as thin as you can. Season with oil, paprika, salt and pepper.
- Wash and dry baby spinach, season with salt & pepper, EVO oil and orange zest. Serves 4

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RECIPE BY GUSTO ITALIAN BISTRO

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INGREDIENTS

For the Duck Maryland: For the Pumpkin textures

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|---------------------------|--------------------------|
| • 4 Duck Maryland | • 1 Jap pumpkin |
| • 500gr Duck fat | • Salt, black pepper |
| • 2 Star anise | • 50gr Butter |
| • 3 Juniper berries | • Extra virgin olive oil |
| • Peels of 2 oranges | • Smoked paprika |
| • 3 Cloves | |
| • 1 Cinnamon stick | For the spinach salad: |
| • 4 Rosemary stalks | • 100gr baby spinach |
| • 20gr Whole black pepper | • Salt, black pepper |
| • 10gr Rock salt | • Orange zest |
| | • Balsamic vinegar glaze |
| | • Shaved parmesan |

ENJOY WITH
ALESSANDRO RESERVE SHIRAZ

SADDLER'S CREEK WINES

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SCAN ME