



## Crispy Skinned Duck Breast On Warm Autumn Salad

### Ingredients

4 fresh duck breasts  
Sea salt  
4 Witloff  
Hand full of rocket leaves  
1 Ripe pear  
100g walnuts  
100g parmesan cheese shaved  
Rind from 1 orange  
Walnut oil  
White balsamic condiment  
400g kipfler potatoes

### Directions

Preheat a cast iron grill plate/pan over medium heat.  
Wash and peel kipflers and boil until tender, cool and set aside.

Season duck breasts with sea salt and place skin side down onto grill.  
Leave skin side down until skin is crispy 10-12 min. turn over and turn heat off to finish cooking.  
While duck is cooking prepare salad.

In a mixing bowl place rocket, witloff, toasted walnuts, sliced pear & shaved parmesan.

Preheat a non stick pan and add a little duck fat.  
When fat is hot and smoking, add the sliced kipflers and toss until golden brown.

Season with salt and pepper and add to salad. Dress salad with white balsamic and walnut oil, slice duck over salad and serve.