

BOB

'S RECIPES

FIDDLEHEAD AND DUCK CONFIT SALAD

by Bob the Chef

INGREDIENTS

- 4 duck legs confit
- 60 ml (4 tbsp.) vegetable oil
- 1 L (4 cups) of thoroughly flushed fiddlehead ferns
- 180 ml (3/4 cup) of orange supremes (about 2 oranges)
- 125 ml (1/2 cup) whole almonds
- 1/2 head of radicchio lettuce (or 2 endives), finely chopped.
- 75 ml (5 tbsp.) olive oil
- 25 ml (5 tsp.) white balsamic vinegar
- 25 ml (5 tsp.) honey
- Salt and pepper to taste

INSTRUCTIONS

1. Pour the oil in a skillet over medium heat and brown the skin of the duck legs (about 3 minutes)
2. Once the legs are nicely cooked, place on a cooking sheet in the oven at 150 °C (300 °F) to keep them warm while you're preparing the salad
3. Pour some water in a medium-sized pot and add some salt. Bring to boil before adding the fiddleheads (flushed - see our savy schemes for more information) and cook at least 5 minutes
4. Rinse with cold water and drain
5. Set aside
6. Slice the peel off the oranges using a sharp knife
7. Flip the orange on its side so its core is facing you, then cut down on each side of the membrane using a serrated knife to separate the segments
8. Add the fiddleheads, orange supremes, almonds and radicchio in a bowl
9. Mix with the olive oil, white balsamic vinegar and honey
10. Season with salt and pepper
11. Serve on a plate with the duck legs
12. Quack, quack!



PREPARATION TIME: 20 minutes



BAKE: 10 minutes



SERVES: 4



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