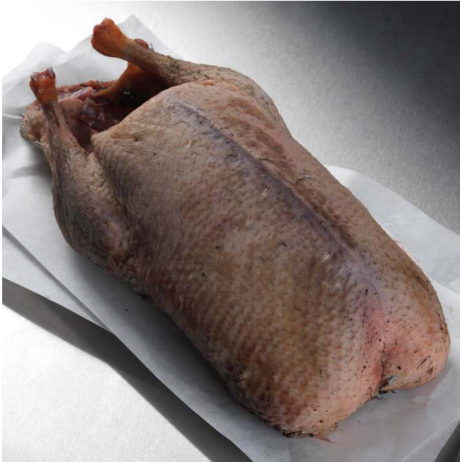




MALLARD ROAST



CORE TEMPERATURES	°C	°F
Rare	54	130
Medium Rare	58	135
Medium	61	140
Medium Well Done	65	150
Well Done	72	160

The Core Temperature is taken with a thermometer from the very centre of the meat.

Whilst all our recipes are developed, tried and tested by our Executive Chef, Jeff Baker, variances in native and rare breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving.

At Farmison & Co we have a extensive range of both modern and heritage cuts on offer, please visit our main website for detail on individual products.

SERVING SUGGESTIONS

Serve with game chips, savoy cabbage tossed with walnut butter and cranberry sauce.

METHOD

1. Remember to remove your bird out of the packaging, pat dry and bring to room temperature.
2. Remove the wishbone by placing your index finger into the under the skin at the plump breast end of bird, locate the thin wishbone and pill away from carcass.
3. Pre heat your oven to 215°C temperature fan assisted or 230°C without a fan.
4. Lightly score the skin of the bird across the breasts around 10mm apart without cutting into the breast meat.
5. Season the birds liberally with sea salt.
6. Choose a heavy based roasting tray, ideally with deep sides and handles for easy movement.
7. Brown the bird on all sides over a high heat for 2 to 3 minutes and put to one side.
8. Make a trivet by roughly chopping equal amounts of onion, carrot and celery or our preferred choice of celeriac, the root of the celery plus a bay leaf, sprig of thyme and a few peppercorns, another nice addition can be a few dried fruits such as prunes and fig popped into the birds cavity.
9. Place the bird breast up onto the trivet which should line the base of the tray.
10. Place in centre of oven and roast for 2 to 25 minutes until reaching our recommended optimum core temperature of 65°C.
11. Remove from oven and pop onto a clean tray and keep warm by covering with a sheet of tin foil then resting for a minimum of 10 minutes before carving, leaving the roasted vegetables in the tray for the gravy.
12. For the gravy make up 350ml of Essential Cuisine chicken stock, then deglaze roasting tray a glass of red wine and reduce to a syrup stirring all the caramelized juices from the tray, add the stock and bring to boil, then pass through a fine sieve pushing all the juices from the vegetables into a clean sauce pan, bring to the simmer and thicken if required by whisking in a teaspoon of corn flour mixed with a little cold water and reduce till you reach a rich glossy gravy.