



PAN ROASTED FREE RANGE LITTLE HAYS POULTRY DUCKLING BREAST, SOY MARINATED FRESH FENNEL AND FRESH TOMATO



IVANO DE SERIO, HEAD CHEF OF THE OLD BAKER

A Fishy Tale

Lincolnshire Life reveals another cheeky little recipe for those late summer days.

STARTER

Pan roasted free range Little Hays Poultry duckling breast, soy marinated fresh fennel and fresh tomato

Ingredients for 4:

16 fresh asparagus, 2 whole breast of duckling, 1 bulb of fresh fennel, 4 tomatoes, 6 tablespoons of deluxe soy sauce, 2 tablespoons of avocado oil, 2 tablespoons of rice vinegar, 1 teaspoon of demerara sugar, pinch of cardamom seeds, black pepper and Maldon salt to taste.

Method:

Wash and thinly slice the fennel, place them in a bowl. Mix the soy sauce, sugar, rice vinegar and avocado oil and add them to the fennel, marinate for 2 hours.

Warm a deep base non stick pan. Make some incision on the fat side

of the duckling breast, season with cardamom seeds and maldon salt, pan roast on medium fat side first, for 2 minutes, turn and cook for further 3 minutes.

Meanwhile blanch the tomato in hot water for 30 seconds, peel the skin off and cut each one in 4 wedges, deseed and marinate the tomato for 30 minutes with the fennel.

To serve place the fennel on the base of a deep plate, top with tomato and the sliced duckling breast.

MAIN COURSE

Pan roasted cod cheeks wrapped in smoked pancetta, roasted vegetables and tarragon scented butternut squash puree

Ingredients:

400g of fresh cod cheeks, 12 thin slices of smoked pancetta, 1 butternut

squash, 2 finely chopped shallots, 1 clove of garlic, 1 tablespoon of chopped fresh tarragon, 400ml of vegetable stock, assorted baby vegetables, 4 tablespoons of olive oil, 150g of butter, salt and pepper to taste.

Method:

Season the cod cheeks with salt and pepper, wrap each one with one slice of pancetta and set aside.

Place the butter and chopped shallots in a deep base pan and cook on medium for 3-4 minutes, peel and deseed the butternut squash, slice them thinly and add to the cooked shallots, cook for 2 minutes and add the chopped tarragon and vegetable stock, cook for a further 15 minutes on low heat, season with salt and puree to a smooth texture.

Meanwhile blanch the baby



PAN ROASTED
COD CHEEKS



CHOCOLATE DELICE WITH ALMOND CREAM

vegetables in salted hot water, when "al dente" (crunchy), drain and roast in a 170°C hot oven with the butter and the clove of garlic until tender.

Heat a non-stick pan, add a tablespoon of olive oil and cook the cod cheeks for 3 minutes on each side, when ready serve with the puree and roasted vegetables.

DESSERT

Chocolate Delice with almond cream

Ingredients:

3 fresh egg yolks, 200ml of olive oil, 30g of cocoa powder, 100g of 64% bitter chocolate, 100g of butter, 50g of ground almond, 200ml of clotted or jersey cream, 50g of icing sugar, the seed of 1 vanilla pod.

Method:

To make the delice, put the egg yolks in a blender, add the cocoa powder, and whisk on a high speed, gently pour the olive oil as you would make a mayonnaise, melt the chocolate in a water bath and add to the chocolate mix, fill 4 stainless steel rings and chill for 2-3 hours.

Put the vanilla seeds, cream, ground almond and sugar in a bowl and whisk gently until at a soft peak stage and refrigerate.

To serve, pass a knife around the edge of the rings and remove the mould from the delice, with two spoons make a quenelle of almond cream and garnish with fresh fruit.

*Recipe courtesy of
The Old Bakery, Lincoln*



MARC DE-HAVILAND

Wines from Waitrose Lincoln

Country focus - fine wines from Chile

Chile is the most important provider of south American wines to the export markets of the world. Since the fall of the dictator General Pinochet in 1989, the wine industry has boomed and there has been much foreign investment in the planting and running of the modern vineyard sites. Sales particularly to the United States and Europe have soared.

Chile has many advantages for the production of good wine. It has a near-perfect climate, with winds blowing onshore from the Pacific. There is a long ripening season and the lack of rainfall is compensated by the unlimited quantities of snow melt from the Andes.

Here are two fantastic examples of fine Chilean wine from my assortment:

MONTES ALPHA SYRAH 2006 APALTA VINEYARD, COLCHAGUA VALLEY, CHILE £10.99

Aurelio Montes has a first-class reputation in Chile for excellence in wine-making.

Montes' Syrah uses only top-quality fruit from densely planted hillside sites. This Rhône-style Syrah is an excellent example of what Chile can achieve. Absolutely stunning accompaniment to game or richly sauced white meats.

ERRAZURIZ MAX RESERVA CHARDONNAY 2007 CASABLANCA VALLEY, CHILE £8.99

An elegant wine made from low-vigour Chardonnay vines planted in Errazuriz's La Escultura ranch.

A high percentage of this wine was fermented using native yeasts for additional complexity; the wine was then matured on its lees and aged in French oak barrels (20% new) for seven months. Drink with creamy chicken dishes or roast turkey.

DON'T MISS NEXT MONTH'S WINE COLUMN WHEN MARC WILL BE GIVING THE LATEST INFORMATION ON YOUR FAVOURITE WINES.

