

Wine Selectors Chef Series



Alastair McLeod

Togarashi duck breast, seaweed persillade

Serve with Alastair McLeod Pinot Noir
Serves 4-6

Ingredients

2 duck breasts, with skin,
trimmed of excess fat
1 tablespoon plain flour
1½ teaspoons togarashi
1½ teaspoons sea salt
Vegetable oil for deep-
frying
Sea salt and sansho
pepper
½ lemon

Seaweed persillade
80ml extra virgin olive oil
1 small onion, finely
chopped
1 clove garlic, finely
chopped
¼ cup dried wakame,
soaked in warm water
1 tablespoon capers,
chopped
1 tablespoon white wine
vinegar
¼ lemon zest



1. Arrange duck breasts, skin side up, on a heatproof plate that will fit inside a steamer basket. Place plate inside steamer, position over a deep saucepan or wok of boiling water and steam, covered, for 12 minutes or until duck breasts are half cooked.

2. Meanwhile, in a large bowl, combine flour, togarashi and salt. Carefully remove plate from steamer basket, transfer duck breasts to a rack and set aside for 25 minutes to cool slightly.

3. Add duck breasts to chilli-salt mixture and toss to coat well, shaking off any excess flour. Heat oil in a large saucepan until surface seems to shimmer slightly. Add duck breasts and deep fry about 2 minutes or until just cooked through and lightly browned then remove and drain well on kitchen paper.

4. Slice duck on an angle into thick slices and arrange alongside the persillade. Drizzle with lemon juice and season with salt and sansho.

5. Serve with Alastair McLeod's Pinot Noir.

Seaweed persillade

1. Place half the oil in a pan and place over a low heat. Add the onions and sauté for a few minutes without colour. Add garlic and continue to cook until the onions are completely soft. Remove from heat and allow to cool. Chop the seaweed finely and stir into the onion mix along with the capers, vinegar, remaining olive oil and lemon zest.