



CREATION

Creating Wines of Distinction

Creation Pinot Noir 2011

Pepper crusted Duck with Mushroom, Lentil “dhal” and confit Vanilla Tomato

by Chef Duane Lewis from Grootbos Nature Reserve

Duck:

1 Duck breast
Ground black pepper
Crushed Fennel seed

Combine the pepper and fennel seed with some maldon salt. Score the duck breast on the skin side. Roll the duck breast in the spice mix. And let stand for 10 min. In a hot pan (no oil) cook the duck breast skin side down turn down the heat and cook till skin is crispy. Turnover and cook further in the pan. Duck should be medium-rare.

Dhal:

200g Puy Lentils
4 large field Mushrooms
1 Onion chopped
2 Garlic cloves chopped
Sprig rosemary

Soak the lentils overnight. Rinse the lentils 3-4 times until the water becomes clear. Take 2 mushrooms and rough chop them and boil in 1l of water to make a stock. Boil for 20min until stock is black, take off the heat and strain. Use this stock for boiling the lentils, cook until firm but cooked. Strain the lentils but keep the liquid. Fry off ¼ of the onion and garlic in a pan and add 1 field mushroom cut into big pieces and the rosemary, flambé with some white wine. Cook till mushroom is soft, add all the contents from the pan (onion, garlic, sauce liquid and mushroom, etc.) to a food processor and blend till paste. In another pot fry off the remainder of the onion and garlic and add the lentils add some of

the stock enough to cover the lentils. Cook till half the stock has reduced, now add the mushroom paste and finely chopped field mushroom. You can keep on adding stock if it gets to thick add salt and pepper to taste. It should have the consistency of risotto.

Tomato:

1 Vanilla pod
1 small Plum Tomato
500ml Olive Oil
20g Raspberries

In a small pot, pour in oil and heat up. Once the oil is hot take off the heat and place the whole tomato in the oil wait 5min then scrape the vanilla pod into the oil and add the left over vanilla husk to the oil. Leave pot in hot area in kitchen or control the heat at 40°C for 2 hours. Once the tomato is soft, take out of the oil, with a fork squash the tomato in a bowl and add the raspberries and squash again.

Completing:

Place lentils on plate, slice the duck in thin slices. Top off with the tomato and raspberry purée

Serves 2