



CREATION

Creating Wines of Distinction

Creation Syrah Grenache

CONFIT DUCK LEG, JERUSALEM ARTICHOKE PURÉE, BEETROOT CHUTNEY, CARROT COINS AND TRUFFLE OIL

by Chef Marcelle Roberts

For the Confit

- 4 duck legs
- 1 cup rough sea salt
- 1 carrot
- 1 celery stick
- 1 onion
- 6 cloves garlic, whole unpeeled
- 4 sprigs thyme
- 500-800 ml duck fat

Salt the duck legs and leave in the fridge for at least 4 hours.

Rinse them and pat dry. In the bottom of a casserole dish scatter the chopped onion, celery, carrot, thyme and garlic and place the duck legs on top. Cover with duck fat and confit at 150° C for 2½ hours until almost falling off the bone. Leave to cool in the fat.

Beetroot Chutney

- 1.5 kg (about 5 medium) fresh beetroot
- 3 brown onions, finely chopped
- 3 Granny Smith apples, peeled, cored, finely chopped
- 500 ml (2 cups) balsamic vinegar
- 80 ml (1/3 cup) fresh orange juice
- 2½ cups sugar
- 1/2 teaspoon ground cloves
- 2 large fresh rosemary sprigs

Preheat oven to 200° C. Wrap each beetroot bulb in foil. Place in a baking dish. Bake in oven for 1 hour. Set aside to cool slightly. Using disposable gloves to avoid staining your hands, remove the skins and discard. Trim the root and stem ends. Finely chop the beetroot.

Place beetroot, onion, apple, vinegar, orange juice, sugar and cloves in a large heavy-based saucepan over medium-high heat. Stir until the sugar dissolves. Add the rosemary. Reduce heat to medium. Simmer for 1 hour or until the mixture thickens slightly.

Remove the rosemary and discard. Spoon the hot chutney into sterilised jars.

Jerusalem Artichoke Purée

750 g Jerusalem artichokes, scrubbed, peeled and sliced

250 ml each milk and cream

salt and pepper

40 g butter, diced

Cover the artichokes with milk and cream and simmer for 20-25 minutes until soft. Drain and blend while still hot.

While blending, slowly add the cooking liquid until the desired thickness has been achieved and finally add the butter and season with salt and pepper.

Carrot Coins

Blanch 4 baby carrots and tip into a hot pan with a splash of olive oil, glaze with honey. Slice into coins.

To serve:

Brown the duck legs in a pan and transfer to the oven to crisp up. On a rectangular plate, smear the hot artichoke purée lengthwise, place the duck leg on one end and beetroot chutney on the other end. Arrange the carrot coins down the side and finish with crisp artichoke chips, a drizzling of truffle oil and snow pea shoots.

Serves 4



