



Recipe 4 – Smoked duck with puy lentils, Tahoon Cress mayonnaise and Purple Shiso

Servings

Two

Ingredients

- 100 g Soaked puy lentils
- 250 ml Vegetable stock
- ½ x Onion
- ½ x Smoked magret duck breast or smoked chicken breast
- 1 punnet Tahoon® Cress
- 20 g Butter
- 1 tsp Olive oil
- 1 punnet Shiso Purple
- 1 pinch Fine sea salt
- 1 pinch Cracked black pepper
- 20 g Tahoon® Cress mayonnaise (**Reference Unit 2 Recipe 4**)

Method

- Place the lentils into a small saucepan, cover with the vegetable stock and bring to the boil. Turn the heat down to a simmer and cook gently for 15 minutes until tender and the liquid has evaporated.
- Meanwhile, prepare the rest of your ingredients. Finely dice the onion and thinly slice the smoked duck or chicken and set aside. Using a pair of scissors, cut the Shiso Purple and Tahoon® Cress at the base and set aside.
- Heat a frying pan until medium hot, add the butter, olive oil and onions and cook for one minute, stirring all the time.
- Add half the Shiso Purple cress to the pan, stirring well for 10 seconds.
- Add the sliced duck and the cooked lentils and simmer for 2–3 minutes until hot all the way through.
- Season to taste with salt and pepper; then spoon into small serving dishes.
- Top with a little of the Tahoon® Cress mayonnaise, the Tahoon® Cress and remaining Shiso Purple.
- Taste and then write down how you think the dish tastes, describing the different elements.