

New Zealand Duck Salad

This spring salad is very easy to put together and will find favour with anyone who enjoys light fresh tastes as well as the traditional game aficionados. It is a little unusual in that the kumara and onion are served warm and the remaining components cold. All these processes can be done ahead of time and the salad assembled as required.



SERVES: 4

Ingredients

- 1 large kumara, peeled and cut into 5mm slices
- 1 Medium-sized onion, sliced
- Salt and freshly ground black pepper
- 1 Cooked duck
- 1tsp Kamahi or other New Zealand native honey
- 1tsp Wholegrain mustard
- 1tsp Balsamic or red wine vinegar
- 1½tbsp Olive oil
- 2 cups Mixed salad leaves or your choice
- 20 Green grapes, halved



Preparation method:

1. Preheat your oven to 180°C
2. Place the kumara in a roasting dish, add the onion and season with a little salt and pepper. Bake for 15 minutes, turn them over and cook until tender and a little coloured.
3. Cut off the duck legs and carve the meat off the bones. Remove the breasts by cutting along the centre of the back, down, around and through the wing knuckle. Carve into thin slices and keep aside.
4. Mix together the honey, mustard and vinegar, and slowly whisk in the oil until a nice, rich consistency.
5. To serve, arrange the warmed kumara and onion onto 4 plates. Place a portion of salad leaves on each. Arrange the carved duck and grapes on the salad and spoon over the dressing.