

## Lissara Farm free range duck breast and confit leg with spiced plums and potato fondant

The duck confit can be made 24 hours in advance.

### Ingredients

#### For the duck confit

3 tbsp sea salt  
4 duck legs  
freshly ground black pepper, to taste  
6 sprigs fresh thyme  
1 bay leaf  
1 star anise  
4 garlic cloves, peeled, sliced  
1 shallot, peeled, sliced

500ml/17½fl oz duck fat, melted  
For the duck breast with plums  
4 duck breasts, skin on  
5 tsp chopped fresh thyme  
3 tsp freshly ground black pepper  
1½ tsp sea salt  
6 purple plums, halved, stones removed  
1 tbsp olive oil  
½ tsp sugar

#### For the fondant potatoes

1-2tbsp butter  
8 large Comber potatoes, peeled into barrel shapes, tops and bottoms sliced off  
400ml/14fl oz chicken stock

### Method

1. For the duck confit, sprinkle one tablespoon of the sea salt in a casserole dish and lay the duck legs over, skin side up.
2. Place the remaining salt along with the freshly ground black pepper, thyme, bay leaf and star anise into a mortar and pound with a pestle to a rough mixture. Rub this mixture over the duck legs and top with the garlic and shallot slices.
3. Cover the dish with cling film and leave to cure in the fridge for at least 24 hours.
4. After 24 hours, gently brush off the mixture from the duck legs and discard.
5. Preheat the oven to 150C/300F/Gas 2.
6. Place the duck legs into a clean casserole dish and pour over the duck fat. Cook in the oven for three hours, or until the duck is very tender. Remove from the oven and leave to cool in the fat.
7. For the fondant potatoes, melt the butter in a large deep ovenproof frying pan over a medium heat until foaming, then add the potatoes and fry for 1-2 minutes on the top and bottom, until golden-brown. Add the chicken stock to the pan, then place into the oven and cook for 15-20 minutes, or until the potatoes are tender and have absorbed most of the chicken stock. Remove the potatoes and set aside.
8. For the duck breast with plums, increase the heat of the oven to 190C/375F/Gas 5.
9. Score the skin of the duck breasts in a diamond pattern with the tip of a sharp knife.
10. Place four teaspoons of the chopped thyme, two teaspoons of the black pepper and one teaspoon of the salt into a bowl and mix well. Sprinkle the mixture evenly over the duck breasts, on both sides, and set aside for ten minutes.
11. Meanwhile, place the plums on a baking sheet. Mix the remaining thyme, black pepper and salt with the olive oil and sugar until well combined, then rub the mixture over the plums.
12. Cook the plums in the oven for 4-5 minutes, or until the skins start to wrinkle. Turn the plums over and cook for a further 4-5 minutes, or until tender. Remove from the oven and keep warm until ready to serve.
13. Heat a large ovenproof frying pan and place the duck breasts in, skin-side down. Cook over a medium heat until most of the fat has rendered and the skin is golden-brown and crisp. Turn the duck breasts over and place into the hot oven, skin-side up, for 7-8 minutes (for medium rare), or until the duck breasts are cooked to your liking. Remove from the oven and set aside to rest. Keep warm.
17. To serve place duck legs on plate. Thickly slice the duck breast and arrange on the plate alongside the duck leg. Place the fondant potatoes next to the duck and place three roasted plum halves on each plate.

## Whole roast Crossgar free range chicken with boulangere potatoes

### Ingredients

#### For the roast chicken

1kg/2lb 2oz free-range or organic chicken  
5 sprigs thyme  
40g butter

#### For the boulangère potatoes

6 potatoes, peeled, sliced thinly  
4 onions, peeled, sliced thinly  
salt and freshly ground black pepper  
450ml/16fl oz chicken stock

### Method

1. Preheat the oven to 180C/350F/Gas 4.
2. For the roast chicken, rub the butter and thyme leaves onto the skin of the chicken.
3. For the boulangère potatoes, mix the potato and onion slices together in a bowl and season, to taste, with salt and freshly ground black pepper. Transfer the mixture to a large buttered ovenproof dish and pour over the stock.
4. Transfer the dish to a rack in the lower part of the oven. Place the chicken directly onto the shelf above the potatoes so that any fat from the chicken drips onto the potatoes. Roast for 1½-2 hours, or until the potatoes are tender and golden-brown and the chicken is cooked. (The chicken is cooked through when the juices run clear when pierced in the thickest part with a skewer.) Once cooked, removed from the oven and set aside to rest for 10 minutes.
5. To serve, carve the chicken into thick slices and place some onto each of four serving plates. Spoon the boulangère potatoes alongside.

## Roast rib of Crossgar Dexter beef with potato boxty, summer vegetables and roast gravy

### Ingredients

#### For the beef

2.25kg/5lb Crossgar Dexter beef rib, bones included  
salt and freshly ground black pepper  
2 tbsp olive oil  
For the potato boxty  
50g/2oz butter  
100g/3½oz spring cabbage, sliced  
1 bunch scallions, sliced  
100g/3½oz bacon  
200g/7oz potatoes, peeled, cooked and roughly mashed  
salt and freshly ground black pepper  
For the vegetables  
100g/3½oz butter  
12 asparagus spears, woody ends trimmed  
12 baby leeks  
200g/7oz broad beans, out of their pods, inner membranes removed  
50g/2oz fresh horseradish, finely grated  
50g/2oz fresh parsley, chopped  
salt and freshly ground black pepper

#### For the gravy

2 shallots, peeled, sliced  
2 cloves garlic, peeled, crushed  
2 sprigs fresh thyme  
1 litre/1 pint 15fl oz brown chicken stock

### Method

1. Preheat the oven to 180C/350F/Gas 4.
2. For the beef, season the beef with salt and freshly ground black pepper. Heat the oil in a frying pan until smoking, then sear the beef on all sides for 3-4 minutes, turning occasionally, until the beef is golden-brown all over.
3. Place the beef in a roasting tray and cook in the oven for 35-40 minutes, then remove from the oven. Lift the beef rib out from the tray and set aside to rest on a warm plate, reserving the cooking juices in the tray.
4. For the potato boxty, melt half of the butter in a pan until foaming, then gently fry the cabbage, scallions and bacon for 4-5 minutes, or until the cabbage is tender. Add the cooked potatoes to the pan, stirring well, then season, to taste, with salt and freshly ground black pepper. Remove from the heat and allow to cool slightly, then shape into four equal-sized patties.
5. Melt the remaining butter in a clean frying pan and fry the cabbage and potato cakes for 2-3 minutes on both sides, or until golden-brown all over. Drain on kitchen paper and set aside.
6. For the vegetables, heat the butter in a pan until foaming, then gently fry the asparagus, leeks and broad beans for 4-5 minutes, or until tender. Stir in the grated horseradish and cook for a further minute, then stir in the parsley and season, to taste, with salt and freshly ground black pepper.
7. For the gravy, place the tray used to cook the beef over a high heat and add the shallots, garlic and thyme and cook for 4-5 minutes, or until the shallots are golden-brown. Deglaze the tray with the brown chicken stock, scraping up any browned bits from the bottom with a wooden spoon. Cook over a high heat for 5-6 minutes, or until the liquid has reduced by a third in volume, then season, to taste, with salt and freshly ground black pepper. Strain the gravy through a fine sieve into four individual gravy boats.
8. To serve, carve the beef rib into thick slices and divide evenly among four serving boards, placing the slices in the centre. Spoon the vegetables into small shallow serving bowls and place onto the boards next to the beef. Place a potato boxty on the other side of the board next to the beef. Serve with the gravy boats on the side.

## Slow cooked Crossgar Dexter beef short ribs in red wine with celeriac mash and roast confit shallots

### Ingredients

#### For the ribs

2 tbsp olive oil  
2kg/4lb 4oz short Crossgar Dexter beef ribs  
2 carrots, peeled, cut into pieces  
1 large onion, peeled, thickly sliced  
5 garlic cloves, peeled  
2-3 sprigs fresh thyme  
400g/14oz canned chopped tomatoes  
350ml/12fl oz red wine  
200ml/7fl oz beef stock  
salt and freshly ground black pepper

#### For the shallots

8 shallots peeled  
1 sprig of thyme  
Salt and pepper  
1 tbsp olive oil

#### For the celeriac mash

3 large potatoes, or about 700g/1lb9oz, peeled and chopped  
200g/8oz celeriac, peeled and chopped  
3 tbsp semi-skimmed milk  
8 spring onions, trimmed and chopped

### Method

1. For the ribs, preheat the oven to 170C/325F/Gas 3.
2. Heat the oil in a large roasting tray over a medium to high heat. Add the beef ribs and fry, turning regularly, until browned on all sides.
3. Add the carrots, onion and garlic and stir until coated in the oil and pan juices.
4. Add the thyme sprigs, then pour in the chopped tomatoes, red wine and beef stock and mix well to combine. Bring the mixture to the boil, then transfer to the oven and cook, uncovered, for 2-2½ hours, or until the sauce has thickened and the meat is falling from the bones. Season, to taste, with salt and freshly ground black pepper.
5. Place shallots, thyme, salt & pepper and olive oil in a roasting tray and roast for 30 minutes at 180C
6. Meanwhile, simmer the potatoes and celeriac in a large pan of boiling salted water for about 12 minutes until tender. Drain and return to the pan, covered, to dry them out.
7. In a small pan, gently heat the milk, add the onions and cook until softened. Mash the potatoes and celeriac with the milk and onions. Season to taste.
8. To serve, divide the beef ribs equally among four serving plates. Spoon over the cooked vegetables and sauce. Place a dollop of mash alongside each serving.