

VERMICELLI NOODLE SALAD WITH

# CANTER VALLEY DUCK



THE  
NORTH  
COURSE

the modern mess  
seasonal home cooking

# CANTER VALLEY DUCK

A delicious fresh and light salad topped with Canter Valley Duck. Use any crunchy vegetables like carrot, capsicum, mung beans, blanched green beans or the ones listed below.

## SERVES 4

### INGREDIENTS

#### Duck

4 Canter Valley duck breasts, trimmed and scored  
salt

#### Noodle Salad

200g vermicelli noodles  
6-8 cups vegetables – we used half a cucumber, 1/4 shredded cabbage and 1 blanched broccoli  
2 spring onions, sliced  
1 cup fresh herbs - mint and coriander  
1/3 cup roasted and salted peanuts or cashews  
1/3 cup fried shallots

#### Dressing

4 T brown sugar  
2 T warm water  
4 T fish sauce  
4 T lime juice  
1 T tamarind puree  
½ -1 red chilli or to taste, finely chopped

### METHOD

#### Noodle salad

Pour plenty of boiling water over the noodles and leave to sit for 10-15 minutes or until the noodles are tender. Drain well.

Finely slice the vegetables and blanch the broccoli or beans if using. Chop the herbs and spring onions.

Mix the brown sugar with the warm water, add the fish sauce, lime juice, tamarind puree and chilli. Add the noodles to the vegetables and the dressing and toss together.

#### Duck

To prepare the duck, cut down the middle so you have two breasts, trim off any overhanging fat. Keep these bits to render in the pan while you cook the duck breasts. Duck fat is great to roast your potatoes in. Score the duck fat lightly and season with salt.

To cook the duck, place the duck skin side down in large cold frying pan. Add in any trimmed fat. Turn on the heat to medium and cook for 7 minutes on the skin side until it's nice and golden and then cook for 7 minutes on the other side.

Remove the duck from the pan and rest it for 10 minutes. Slice the duck against the grain and place on top of the salad. Top with peanuts and fried shallots and serve.

North Canterbury based chef, Jen Pomeroy, created the Modern Mess with one main goal in mind – to help Kiwis get confident in the kitchen and encourage them to start cooking seasonally using fresh produce.

In her 12 years working as a professional chef, she learnt a secret – good food does not come from having the fanciest ingredients or the flashiest techniques. Exceptional meals come from the freshest, seasonal produce, and can be easily made at home using simple techniques.

Visit The Modern Mess website to discover 1000+ seasonal recipes, how-to tutorials, meal plans and more.

