

 **Heritage**
Building Society

Gardenfest

Duck Boudin Blanc – demonstration by Mark White

Boudin is French for sausage and Blanc is French for white ~ so it's a white sausage!

Made from the duck neck (fatty skin) only.

Use 1/3 fine pork mince, 1/3 fine chicken mince and 1/3 course pork belly emince (minced by hand).

Poach until set, then confit in lavender infused duck fat.

Place on a shaved fennel salad w/ Roquefort dressing and peeled walnuts.



Number of Serves ~ 2

1 each	duck neck – fatty neck skin/membrane
1 sprig/s	lavender fresh – farce
4 sprig/s	lavender fresh – infusion
30 g	chicken farce
30 g	fine pork mince
30 gr	belly pork (unsmoked speck) – from pork 'spring'
¼ stalk/s	leek, white only
1 each	fennel bulb
15ml	double cream
2 each	egg white
5 g	seasoning
30 ml	Roquefort dressing
30 g	walnuts – peeled and dry roasted

Method

Make forcemeat with all mince meats and keep chilled

Dice finely and sweat down leeks to sweet and fragrant – no colour

Add pork belly emince, seasoning and lavender – mix lightly



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Whip cream and fold under mixture keeping highly aerated – place in forcing bag and keep cold

Wash and dry well – duck neck; ensuring that the tube (casing) remains intact.

Tie one end off and fill with forcemeat – do not over fill and avoid air pockets. Fill to boudin shape.

Poach in duck stock until set – 5 minutes @ 95 degrees Celsius; then confit in lavender infused duck fat for 30 minutes

Make Roquefort dressing (mayonnaise base; then add chopped Roquefort and whipped cream, seasoning, chopped garlic chive and chervil)

Remove on trivet and let rest for 5 minutes to drain fat and set.

Wash fennel bulb well and invert to remove any detritus from inside the bulb.

Shave from cut end (opposite core end) by 1/3 depth; then remove core and continue shaving.

Add chervil sprigs to shaved fennel and season.

Place dressing on plate – spoon smear liberally and place shaved fennel on top

Trim ends of boudin and slice evenly.

Arrange on fennel salad and garnish with peeled walnuts.

Garnish as desired.