

Salade de Gésiers de Canard ou Oie

Duck Gizzard salad

Preparation time: 45 minutes : For 4 people

- 80 g uncooked quinoa
- 80 g uncooked green (ideally, Puy) lentils
- 320 g gésiers confits (already cooked) including any fat or jelly
- 80 g lardons / bits of thick sliced bacon
- Raspberry vinegar
- Extra duck fat or salad oil of your choice
- Grapefruit : peeled, segmented & membrane-free
- Salt & Pepper
- Fresh chopped parsley

Following the instructions on the packet, cook off your quinoa in some slightly salted water. Drain & put in a microwavable mixing bowl.

Following the instructions on the packet, cook off your green Puy lentils in some slightly salted water. Drain & add to the quinoa in the microwavable mixing bowl.

Fry off your lardons in a quite a large saucepan. Once nicely browned, remove them with a slotted spoon, leaving any fat in the pan. Now add the gésiers, and warm them up gently, to melt any fat/jelly/juices. Remove them with a slotted spoon to join the lardons. Cover with foil & keep them warm.

Pour the liquid from the pan into a measuring jug, and start making your warmed vinaigrette.

At the same time, put your mixture of quinoa & lentils into the microwave, and start warming them up gently without them drying out.

Over a very gentle heat, add a good tablespoon of strong French Dijon mustard to your empty saucepan. Add in approximately two tablespoons of raspberry vinegar. Using a hand whisk, blend them together very well as if you were making a mayonnaise.

Once you have a nice runny consistency, whisk in the duck & lardon juices from the measuring jug. If you find it too thick, add a little more of one of the following, depending on taste and what you have to hand : duck fat, rapeseed oil, grapeseed oil, sunflower oil or even water.

Season with lots of pepper & some salt – remember the bacon/lardons will be quite salty already.

Add a good handful of fresh chopped parsley.

Taste & readjust seasoning as you wish.

Now stir in your warmed pulses (this is why you need a large saucepan). Once nicely blended together, start dressing your warmed plates.

First a bed of lentils & quinoa in vinaigrette, then a couple of tablespoonsful of duck & lardons. Surround with some chunks of grapefruit.

If you've got them in the garden, top the salad with a brightly coloured nasturtium or a violet.

Bon Appétit!

Richard

La Belle Demeure, Dordogne