



WINEMAKER'S SELECTION

Cathedral Cellar Shiraz Roast Duck Roulade with Cherry Sauce and Pickled Ginger Salad

I have fond memories of my grandmother Rosa preparing duck dishes on the farm in the Eastern Free State where I grew up. The fresh cherries in this dish also heralds from there and the sight of fresh cherries every summer fills my heart with joy and a deep longing for the highlands and mountains of that region. This recipe is easy to prepare, can be made in advance and freezes really well. Best served with a fresh summer salad with loads of fresh cherries or berries and thinly sliced pickled ginger.

4 - 6 Servings

Perp Time: 30 min

Cooking Time: 45 min

INGREDIENTS

- A large whole duck
- 250 ml of Cathedral Cellar Shiraz
- 1 litre of good quality chicken stock
- 15 ml of Chinese 5 spice
- 4 star aniseeds
- 500 g of fresh spinach leaves

DIRECTIONS

Place the duck and all the ingredients except the spinach into a pressure cooker and cook for 45 minutes.

Remove the duck, debone and pull the meat apart with two forks, let it rest in the fridge.

Strain the liquid off and then return the liquid to a large saucepan with all the bones and skin from the duck and start to cook and reduce over moderately high heat. The cooking process extracts all the natural gelatine from the bones, which will set our roulade.

Strain the liquid off after 30 minutes, reduce the liquid further until 200 - 250 ml remains, and cool off.

Place the meat in a mixing bowl and pour the reduced sauce over.

Cover a flat clean counter space with about 60 cm x 60 cm of cling film, pack out the fresh spinach leaves into a rectangular shape, spoon the meat onto the leaves and gently start to roll from the front to the back to form a sausage.

Wrap the duck tightly in cling film and leave overnight in the fridge. Cut and serve on a fresh green salad with fresh cherries and pieces of pink pickled ginger.

Best enjoyed with Cathedral Cellar Shiraz!

NOTES AND TIPS

- Easy to prepare
- Preparation can be done in advance
- If whole ducks are not available, a combination of good quality chicken and duck breasts may be used.
- In the absence of a pressure cooker, cook the bird for about one and a half hours on moderate heat until tender and falls off the bone.

