



Game Cookery

This dish, which is on the menu at the Bel & The Dragon country inns, was created by group head chef, Ronnie Kimbugwe. Visit www.belandthedragon.co.uk.



Ingredients

- 4 DUCK LEGS
- HANDFUL ROCK SALT
- 1 ORANGE, CHOPPED INTO QUARTERS, SKIN ON
- ½ TBSP FENNEL SEEDS
- ½ TBSP CORIANDER SEEDS
- 1 CINNAMON STICK
- 2 STAR ANISE
- 1 BAY LEAF
- 5 SPRIGS OF THYME
- 1 TBSP PEPPERCORNS

FOR THE DRESSING:

- 100ML SESAME OIL
- 100ML OLIVE OIL
- 50ML BALSAMIC VINEGAR
- 50ML SOY SAUCE
- 50G HONEY
- 25ML SHERRY VINEGAR
- SALT AND PEPPER TO TASTE

TO SERVE:

- 140G MIXED LEAF SALAD
- 3-4 SPRING ONIONS, THINLY SLICED
- 200G RADISHES, SLICED
- SEEDS OF 1 POMEGRANATE
- HANDFUL OF TOASTED SESAME SEEDS

Transform duck into a mouth-watering salad with a clever spice mix and an easy-to-prepare dressing

It is not just the welcoming atmosphere, comfortable stylish interiors and the prospect of enjoying good food and fine wine that make Bel & The Dragon inns so well suited for shooting enthusiasts. The seven venues in the south of England are spread through rural areas of Hampshire, Berkshire and Surrey including Churt, Odiham, Kingsclere and Cookham where, in the case of these four, you can stay overnight in one of the well-appointed bedrooms where gun safes are also available. Each Bel & The Dragon location has its own gardens where

seasonal produce is grown and used and the menu is cleverly split into three styles of dining: a rotisserie offers such delights as suckling pig or guinea fowl, the Josper grill serves chargrilled sirloin steak or marinated veal chop, while classic-with-a-twist mains include linguini of Devon crab and roasted Atlantic cod with miso and lime. Generous dessert portions start at £6 each and include the sublime Valrhona chocolate and honeycomb mousse, rich and delicious.

The wine list does not disappoint either, with prices from £22 per bottle. 🍷

SALAD OF DUCK, SPRING ONIONS AND RADISHES WITH SESAME SEED DRESSING



THE METHOD

Serves 4

1 The day before you make the dish, scatter half the salt, orange and herbs and spices over the base of a small, shallow dish. Lay the duck legs, skin-side up, on top then scatter over the remaining salt, orange and herb mix. Cover the dish and refrigerate overnight.

2 Brush the salt off the duck legs and place them skin-side down in a clean dish. Cover with duck fat and the reserved

aromatics then cover tightly with foil. Place in a low oven (100°C) for two hours, after which time the duck legs should be submerged in their own fat and the meat should feel incredibly tender. Leave to cool before gently removing the meat from the bone and setting aside.

3 Make the sesame dressing: combine the sesame oil, balsamic vinegar, soy sauce, honey and sherry vinegar in a bowl and mix well. Season to taste.

4 Serve the confit duck on a bed of salad leaves with the spring onions, radishes and pomegranate. Pour over the dressing and scatter with sesame seeds.