

# Gordon Ramsay's Masterclass

Entertaining at home? Gordon shows how to create one of his restaurant dishes, including how to plate up in style

Photographs Geoff Wilkinson

Exclusive  
step-by-step  
recipe

Each time you cook one of my Good Food recipes I want you to master a new skill. Here I teach you how to cook the perfect duck breast and share some knife skills that will give the dish that professional touch and finish



*Restaurant-style food at home*

All the ingredients for this gloriously seasonal dish should be available from most good supermarkets.

## Pan-fried duck breast with creamed cabbage, chestnuts and caramelised pear

SERVES 2 • PREP 30 mins • COOK 40 mins

Moderately easy  

2 duck breasts  
1 garlic clove, left whole with skin on  
couple thyme sprigs  
small bunch watercress  
1 tbsp olive oil  
1 tsp white wine vinegar

### FOR THE CABBAGE

½ small celeriac, diced  
85g smoked bacon, cut into small pieces  
1 tsp thyme leaves  
½ Savoy cabbage, finely shredded  
50ml double cream  
100g cooked chestnut pieces, sliced

### FOR THE PEAR

1 pear, peeled  
2 star anise  
5 tbsp icing sugar  
2 tsp balsamic vinegar

PER SERVING 1000 calories, protein 41g, carbohydrate 80g, fat 60g, saturated fat 20g, fibre 14g, sugar 59g, salt 2.49g

Turn over for Gordon's tips on how to prepare and present, Michelin-style





**1** Lightly score the skin of the duck breasts, then season well. Place a non-stick pan over a medium heat, then lay the duck in the pan, skin-side down. Cook until the fat starts to come from the duck, then add the garlic and thyme. Turn down the heat, then continue to cook for 15-20 mins, depending on the size of the duck breast, until the skin is really crisp and brown (see tip, opposite). As it cooks, pour the fat into a large pan for the cabbage.



**2** Flip the duck over, cook on the flesh side for 3 mins until browned, then turn off the heat. Leave the duck in the pan to rest.



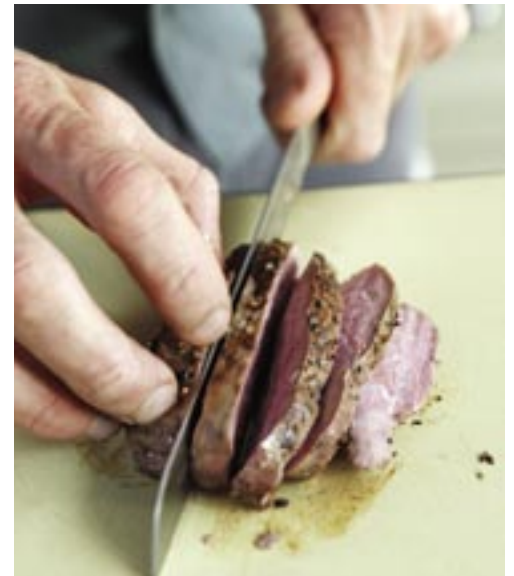
**3** While the duck cooks, heat 1 tbsp of its fat in the other pan. Add the celeriac and bacon, then gently fry for 5 mins until the celeriac has browned and the bacon starts to crisp. Add the thyme, then the cabbage. Fry the cabbage for 5 mins until it starts to wilt. Add 100ml water and simmer for 5 mins until the water has evaporated and the celeriac is soft. Pour in the cream, stir to coat, then add the chestnuts and heat through. This can be done ahead (see tip).



**4** Cut the pear in half and use a melon baller or teaspoon to scoop out the core. Place a star anise in the cavity of each half.



**5** Place 3 tbsp of the icing sugar in a non-stick pan and heat to make a light amber caramel. Pour in the vinegar and bubble to make a sticky syrup. Dust the pear halves heavily with the rest of the icing sugar, then place the pan back on the heat. Cook the pear for 10 mins until brown and caramelised all over.



**6** Slice each duck breast lengthways and dress the watercress in the olive oil and vinegar. You are now ready to serve – see box, opposite.

# Secrets of a professional kitchen...

## SHARPEN YOUR KNIFE SKILLS



**1** For perfect celeriac dice, peel it, place on the board cut-side down and cut into uniform slices about 1cm thick.



**2** Turn the strips horizontally and cut crosswise into neat dice.



**3** For finely shredded cabbage, cut the cabbage in half so you have 2 quarters. Cut the core away following its natural angle.



**4** Place the cored cabbage cut-side down and slice into thin shreds.

## THE SMART WAY TO PLATE UP



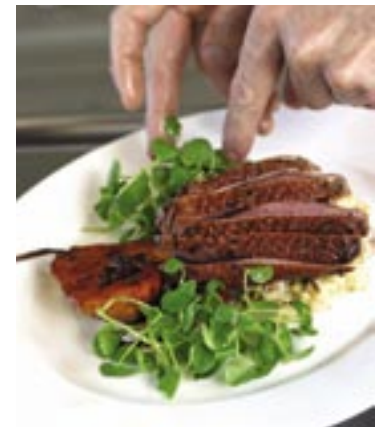
**1** Spoon a neat mound of cabbage on one side of each plate.



**2** Place a pear half, cut-side up, on the opposite side of the plate and drizzle the sticky sauce around it.



**3** Place the outside slices of duck breast on the cabbage and fan the rest of the duck over.



**4** Scatter the dressed watercress sprigs around the sides of the plates and serve.

## HOW TO MAKE IT AS GOOD AS GOING OUT



• In my restaurants we use a range of duck breeds, depending on availability. Gressingham ducks, a cross of wild and farmed duck, have a great flavour. They are slightly larger than other breeds so one breast may feed two as part of a three-course meal. Goosnargh ducks, from Lancashire, are corn-fed. One breast per person makes a perfect serving.

Barbary duck breasts, are less fatty than the others so won't need as much cooking on the skin side.

- To cook the duck breast perfectly, cook it mostly on the skin side, turning just at the end. The aim is to render all the fat from the skin, leaving it crisp. Unlike chicken, duck breast is best served medium so the timings given in the recipe on the

opposite page will give you succulent flesh that is pink in the middle. If you prefer your meat well done, cook the flesh side for a few minutes more.

- To get ahead, the cabbage and pear can be prepared ahead and reheated. The cabbage can be made up to a day ahead – just start it off with 1 tbsp of vegetable oil as you won't have the duck fat,

then carry on as stated. Reheat the cabbage in a pan with a splash more cream. The pears can be caramelised a day before – simply reheat them in their sticky sauce with a splash of water.