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Duck Recipes

Pan Fried King Cole Confit Duck Leg Sandwich on Ciabatta Bread with Portobello Mushroom, Baby Spinach & Candied Red Onions

Serves 4

Chef Dale Nichols

The Digby Pines, Nova Scotia



Ingredients:

- 2 oz. Canola Oil
- 4 Pcs. King Cole Confit Duck Leg
- 4 Pcs. Portobello Mushrooms
- 2 Tblsp. Butter
- Salt & Pepper
- 1 Cup Candied Red Onion***
- 1 cup Baby Spinach
- Ciabatta Bread - toasted

Prep/Directions:

Mix all ingredients together and marinate for a few hours in refrigerator.

Presentation:

Finely slice the smoked duck breast and lay slices on the chutney, add a few maple syrup drops just before serving.

Candied Red Onions***

Cut one medium red onion into quarter inch rings. Candy the red onions by heating one ounce of olive oil in a fry pan. Add the onions and sauté for 15 seconds. Add 1 tblsp. red wine vinegar and continue to sauté. The onions will turn a bright purple. Add one ounce of honey and cook until the liquid gets sticky and coats the onions. Season the onions with salt, pepper and a pinch of ground cardamom.

Assemble:

Toast the ciabatta bread. On the bottom half of the bread, place the Portobello mushroom followed by the baby spinach. Remove the bone from the KC duck leg and place on top of the spinach skin side up. Finish by adding candied red onion and the top of the ciabatta bread.

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