

Confit Duck Wings



Ingredients

6 Duck wings, tips removed, halved into nibbles.
50g salt
10g sugar
500g duck fat
1 sprig of rosemary
2 bay leaves
4 cloves of garlic
12 peppercorns

Method

Mix salt and sugar together and rub into duck wings. Refrigerate for at least two hours, but preferably overnight.

To confit the wings rinse off the salt mix and pat dry with paper towels.

Place in an oven proof dish with garlic cloves, rosemary, bay leaves and peppercorns.

Melt the duck fat gently in a pan (only until melted), pour over duck wings, making sure that they are completely covered. Cover with a lid or wrap tightly in oil. Bake in a pre-heated oven for 2 and a half hours at 140°C.

When cooked, the wings will be tender to touch.

Remove from duck fat and place on a rack with trap underneath.

Bake at 180°C until golden.

Retain the duck fat for future confit, it will keep in the fridge or freezer.

Grilled Honey Mustard Free Range Turkey Skewers



Ingredients

1kg Canter Valley Turkey Breast, diced into 25mm (1 inch) cubes
1/2 cup olive oil
5 tbsp honey
2 tbsp wholegrain mustard
juice of 1 lemon
1 tsp salt
1/2 tsp pepper

Method

In a bowl, combine all the ingredients well except the turkey. Rest for 30 minutes. Add the cubed turkey and combine well so the cubes are evenly coated and allow the turkey to marinate, covered for 2-4 hours in the fridge. Stir once or twice. While the turkey is resting in the fridge, soak wooden skewers in water for 1-2 hours so that they won't burn when you cook the turkey. Remove the turkey from the fridge 30 minutes before you want to cook it. Thread the turkey cubes onto the skewers and place on a baking tray lined with foil. Pre-heat your oven grill or BBQ grill on high. Brush some more marinade over and place them under a hot oven grill or on the BBQ. Cook for about 5-6 minutes per side. Baste once with the marinade before turning over. Baste them again once you've turned them over and then once more before taking them out. Ensure that the turkey is cooked all the way through and that they are sticky and golden. Serve as they are with a salad on the side or strip them off the skewers and top them on a salad. You can also serve them in a wrap with your choice of salad ingredients.



Recipes



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Duck Breast



Ingredients

2 Duck breast halves (each half 200gms approx)
30mls Duck fat or Olive Oil
1/4 cup sugar
50mls Madeira or cream sherry
50mls water
2/3 cup Crème fraîche
1 1/4 cup chicken stock

Sweet Sauce

In a small heavy bottomed saucepan add sugar and water and bring to the boil over medium to high heat. Leave uncovered and cook until the sugar begins to caramelize. After reducing heat to medium-low add chicken stock, duck fat and wine. Gently simmer for approximately 1 hr. Whisk in the crème fraîche and simmer until the sauce thickens (about 10 minutes). Set aside and keep warm.

Duck Breast

Trim off excess skin. Preheat the oven to 180°C. With a heated metal skewer, score the skin of the Duck breast in a criss-cross pattern. This will enable the fat of the Duck breast to render as the meat cooks. Heat a frying pan with an oven proof handle over a medium heat. Place Duck breast skin side down to cook for 2 minutes. Pour off rendered fat and then cook for a further 2 minutes skin side down, again pour off the rendered fat. Turn breast and cook for a further 2 minutes. Once again pour off excess fat. Place in the preheated oven, in your oven proof handled frying pan for 5 minutes or until the juices nearly run clear and the meat is medium rare. Leave to stand for 5 minutes. Pour sauce adjacent and serve.

Free Range Turkey Burger Patties



The mix from this recipe can be used for patties, meat balls or as a kofta. I have also used the mix to make meatloaf.

Ingredients

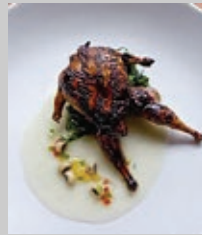
400gm Canter Valley Turkey Mince
2 garlic cloves, minced
1 egg, lightly whisked
1/4 cup dry bread crumbs, use Gluten-free if required
Zest from one small lemon
2 tsp fresh thyme
1 tsp fresh rosemary
1/2 cup shredded mozzarella cheese
1/2 cup packed fresh spinach, blanched for 1 minute & moisture squeezed out
Salt and pepper to taste

Method

Add all the ingredients in a medium bowl and combine well without over mixing.

Form into 4-6 equal sized patties. An option is to use an egg ring to form the patties so they are all equal in size and cook though at the same time.

Oven Roasted Quail



Ingredients

6 Canter Valley Quail
Rock salt and cracked pepper
2 roughly chopped oranges
Handful thyme sprigs
Large handful of rosemary sprigs
Handful of parsley sprigs
2 tablespoons olive oil
60g butter
1/2 cup verjuice

Method

Preheat oven to 230 degrees C. Wash quail then dry well with paper towels.

Season with rock salt and cracked pepper. Place the roughly chopped orange, thyme, rosemary and parsley inside each quail.

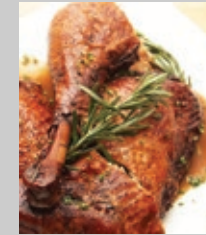
In a casserole dish, brown the quails in the butter and oil over medium high heat. Stir in the verjuice and bring it to a boil for 30 seconds.

Cover then pop them in the oven.

Bake until done, about 15-20 minutes.

Let stand for 10 minutes.

Free Range Slow Cook Turkey Drums



This Crock Pot recipe is a simple way to get tasty and tender Turkey Drums with little effort. Try mixing up the flavours for different takes on this classic.

Ingredients

4-6 Canter Valley Free Range Turkey Drums
3 tablespoons fresh Rosemary, Basil, and Oregano
2 teaspoons Salt or mixture of Paprika, Garlic Salt, Onion Powder
1/2 teaspoon Pepper
2-3 cloves Garlic (crushed)
1 Onion (diced)
1 Carrot (diced)
1 Celery Stick (diced)
Chives for garnish

Method

Turn slow cooker on to low setting.

Place Turkey Drums into slow cooker.

Prepare vegetables and herbs and place in slow cooker.

Add all seasoning.

Cover with water or wine of your choice and cook for at least 6 hours.

Free Range Turkey Herb Meatballs



Ingredients

800g Canter Valley turkey mince	3 cloves garlic, minced
1/2 cup chopped red onion, diced fine	1/2 cup loose, torn parsley leaves.
1/2 cup loose, torn mint leaves, stems removed.	1/4 tsp salt
1 egg beaten	1 tsp lemon zest
1/2 cup bread crumbs, use Gluten-free as required	1 medium carrot, grated
1/2 red bell pepper, seeds removed and diced fine	1/2 tsp black pepper
1 tsp fresh thyme, stems removed and chopped	1 tsp fresh basil, chopped fine
1 tsp turmeric powder	Olive oil Dipping Sauce
1/2 cup Greek yogurt	1/2 cup loosely packed, torn mint leaves
1/2 cup fresh feta	1 1/2 tsp. lemon juice
Salt and fresh ground black pepper, to taste	2/3 cup roughly chopped cucumber
2 cloves garlic	

Meat Balls

Add onion, garlic, herbs, turmeric, bell pepper, egg, lemon zest, breadcrumbs and carrot to the mince in a medium sized bowl and combine. Cover and chill in the fridge for 2 hours. Overnight is fine. Pre-heat oven to 175C. Remove the meatball mix from the fridge and roll 25mm balls and place on a baking tray. Lightly drizzle some olive oil over the meatballs to coat and cook for 30 minutes in the oven, turning often until fully cooked in middle. Remove from the oven and served warm with a side salad and or a dipping sauce.

Dipping Sauce

Add all ingredients to a food processor or blender and pulse to chop and combine.

If you use non-fat yogurt or your sauce will be runny, it will still taste great.

Season with salt and pepper to taste.