

## Braised Duck Hearts



**Serves:** 4

**Profitability:**

**Steps:**

Bring the vinegar and sugar to the boil, add the elderflower and leave to infuse for 1 hour, pass the vinegar add the chicken stock and reduce to a syrup-like consistency.

Blanch the pine needles in boiling water for 20 seconds and chill in ice water. Blend into the 300ml sunflower oil until a smooth bright green oil and pass through a cloth.

Slice the fennel lengthways and season with sea salt and a small squeeze of lemon juice.

Heat the 400ml of oil to 210°C and fry the rice for 5 seconds until all popped. Drain and season with sea salt.

Trim any sinew off the duck hearts and sauté in the butter until lightly golden, ensure they are kept very rare. Leave to rest for 5 minutes.

Bring the glaze to the boil and add the duck hearts. Cook for 30 seconds so they have a slightly sticky coating. Remove and dish them out evenly into the bowls, adding a little glaze, 1 tsp of pine oil and 1 tsp of cream to each one. Sprinkle over the crispy rice, add two slices of fennel, then finish with the chickweed.

**Ingredients:**

Duck hearts 12

Elderflower heads 4

Vinegar 100ml

Sugar 50g

Reduced brown chicken stock 50g

Butter 50g

Double cream 100ml

Sunflower oil 300ml

Pine needles 50g

Fennel 1

Lemon 1

Wild rice 50g

Sunflower oil 400ml

Sea salt

Chickweed to finish

**Author:** Paul Foster, head chef at Tuddenham Mill