

SPINACH DUCK PATÉ



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
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Ingredients

SPINACH DUCK PATÉ

Paté

- 15ml brandy
- 100g baby spinach
- 2 legs duck confit (minced)
- 2 tbsp lemon juice
- Salt
- Pepper

Beetroot Jelly

- 100ml beetroot
- 3g agar-agar
- 2 tbsp sugar



- 1 tsp cinnamon

Salad

- ½ green mango
- 1 chilli (deseeded)
- Beetroot jelly

Godhamba Roti

- 2 cups plain flour
- 1 egg
- Sugar (pinch)
- Salt (pinch)
- 3 tsp vegetable oil
- ½ cup Warm Water

Methods and Directions

SPINACH DUCK PATÉ

Paté

- Add duck, spinach, lemon juice, brandy and seasoning to a blender.
- Blend until smooth textured.

Beetroot Jelly

- Boil beetroot with sugar and cinnamon.
- Cool it down and blend it with a bit of water to make a purée.
- Add agar-agar and boil again. Pass it through and set it up in a flat tray until it's chilled.

Salad

- Julienne the mango, chilli and beetroot jelly.

Godhamba Roti

- Mix the flour, egg, sugar, salt, oil and warm water and knead well until you get a smooth dough.
- Stretch the dough and cook the roti on a griddle.
- Cut roti into small circles and place on a mould to get a basket shape.
- Bake in a pre-heated 240C oven for 5 minutes or until crisp.
- Let it cool down, pipe the pate into the basket. Garnish with the salad.



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