

Asian Smoked Duck Salad

INGREDIENTS

Salad

- 1 small head of red cabbage, cut into 1/2 inch dice
- 2 red bell peppers, cut into 1/2 inch dice
- 1 bunch green onions, sliced
- 1 1/2 lbs. sugar snap peas, ends cut off and cut into thirds on the diagonal
- 1/2 cup cilantro, chopped
- 2 smoked duck breasts, fat removed, and cut into 1/2 inch dice
- toasted sesame seeds for garnish

Dressing

- 2 cloves of garlic, minced
- 2 tsp. fresh ginger, minced
- 1/3 cup soy sauce
- 2 tbs. rice vinegar
- 1 tsp. toasted sesame oil
- 1 tbs. peanut or olive oil
- 1 tsp. crushed red pepper.

DIRECTIONS

Prepare all salad ingredients and mix in a large bowl. Sesame seeds may be mixed into the salad, and/or used as garnish when serving. Combine salad dressing ingredients in a small bowl. Pour dressing over the salad and mix well. Sprinkle sesame seeds on top.



Smoked Duck Salad with Plums & Apricots

INGREDIENTS

Dressing:

- 2 Tbsp seasoned rice vinegar
- 2 Tbsp chopped shallot
- 1 Tbsp chopped peeled fresh ginger
- 1/4 tsp wasabi powder (horseradish powder)*
- 1/3 cup vegetable oil (#13720)

Salad:

- 6 oz frisée, torn (about 2 heads)
- 1/2 cup chopped salted roasted peanuts, divided
- 2 Plums, halved, pitted, thinly sliced
- 3 Apricots, halved, pitted, thinly sliced
- 3/4 Lb smoked duck breast, sliced (#35310)
- 3 basil sprigs, leaves torn, stems discarded
- 1/4 cup chopped green onions (#87040)

DIRECTIONS

Dressing:

Puree vinegar, shallot, ginger, and wasabi powder in mini processor. Gradually add oil; puree.

Salad:

Toss frisée and 1/4 cup peanuts in medium bowl with enough dressing to coat. Divide salad among plates. Arrange Pluots and duck over frisée. Spoon more dressing over salad. Sprinkle with basil, green onions, and remaining peanuts. Serves 4 meal salads

PROFIT POTENTIAL
Approximate Cost-\$3.37
Suggested Sell-\$12.99
Profit-\$9.62/serving



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Smoked duck, dried cranberries and spiced pecan salad

INGREDIENTS

Salad:

35g pecans
15g butter
1/2 tsp ground mixed spice
1 tbsp soft dark brown sugar
2 x 85g bags watercress
2 red chicory, leaves separated
75g dried cranberries, soaked in boiled water for 5 minutes, drained
200g sliced smoked duck breast

Dressing:

1/2 tsp Dijon mustard
1 1/2 tbsp red wine vinegar
3 tbsp olive oil
4 1/2 tbsp hazelnut oil
1 tsp crème de cassis

DIRECTIONS

1. Put the nuts into a hot, dry frying pan over medium heat and toast for about 30 seconds. Add the butter, mixed spice and sugar, reduce the heat slightly and cook for 1 1/2-2 minutes, turning halfway. The nuts should be caramelised, but be careful not to burn them. Season and spread out on a tray to cool.
2. Meanwhile, make the dressing. Put the mustard and vinegar in a small bowl, then whisk in the oils. Add the crème de cassis in 2 stages, so you can check for sweetness. Season.
3. In a bowl, toss the watercress, chicory, cranberries and nuts with most of the dressing. Divide between plates, arrange the duck on top and drizzle with the rest of the dressing.



Here is a typical blend of spices used to make mixed spice:

1 Tbs ground allspice
1 Tbs ground cinnamon
1 Tbs ground nutmeg
2 tsp ground mace
1 tsp ground cloves
1 tsp ground coriander
1 tsp ground ginger



Blend all spices together, and store in a sealed jar away from light



Smoked Duck Salad

1 Smoked duck breast
200g Mixed salad leaves
3 tbsp Cranberries
1 Avocado (diced or sliced)
100g Cherry tomatoes (full or halved)

Dressing

Extra virgin olive oil
Cream of balsamic vinegar

- 1) Combine salad leaves, cranberries and avocado into a salad bowl.
 - 2) Fry duck skin downwards till brown, turn (oiling of pan is not required).
 - 3) Add tomatoes to pan and fry for about 3 minutes.
 - 4) Slice duck breast and place nicely on salad
- Dressing:
- 5) Mix one balsamic to 3 parts olive oil in a full shot glass of dressing. Mix (use a chopstick) and pour over salad. Serves 4

Findlay
Foods (Kingston) Ltd.

659 Justus Dr. Kingston ON K7M 4H5 Tel: (613) 384-5331 or 1-800-267-2596
Fax: (613) 384-9290 www.findlayfoods.com