



Nigel Fredericks Introduces...

Voted Catering Butcher of the Year 2005/2006



leg confit

The Leg Confit is cooked in the traditional french method. Silver Hill confit duck legs are slow roasted in their own juices with a complementary blend of herbs and spices. Cooking times are 20 minutes at 200°C or until golden and crispy. Alternatively can also be grilled from defrost for between 5 - 7 minutes or until skin is crispy.



chinese roast duckling

The subtle combination of Aromatic oriental spices with our succulent, tender & flavoursome duck makes this product ideal for any meal occasion. Hand finished & packed in portion controlled packs the product can be used in a variety of different ways including as an aromatic duck salad, a duck wrap, as a hot noodle dish & served with Chinese Pancakes and Hoi Sin sauce, the choices are endless. Alternatively can also be grilled from defrost for between 5 - 7 minutes or until skin is crispy.



honey roast half duckling

Silver Hill has produced a superior honey roasted half-duck requiring very little preparation to achieve an exciting meal. The product can be served with a variety of different sauces, Spicy, Oriental or more traditional. Simply re-heat in an oven for 25 minutes at 200°C until golden. This product can also be grilled for a crisper skin.



Silver Hill ducks are succulent, tender and full of flavour and are renowned for setting the benchmark for quality, taste, appearance and consistency. This has been recognised by us winning awards from the Irish Food Writers Guild, Board Bia Food & Drinks award & at the recent IFEX exhibition. Silver Hill Foods is an environmentally pro-active company & has won consecutive awards at the annual Sustainable Energy Ireland award ceremonies. Delicious, simple recipes can be found on the duck recipe section of the website www.silverhillfoods.com

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SILVER HILL FOODS

duck leg confit with baby potatoes and chorizo salad, honey mustard dressing

Serves 4 : Preparation Time 30 - 40 minutes

Ingredients

4 Silver Hill Duck Leg Confit	Salt
400g Baby Potatoes	Pepper
200ml White Wine Vinegar	6 Spring Onions (chopped)
8 Slices Chorizo Sausage	Half Red Onion

For The Dressing

399ml Olive Oil	1 Dsp. Whole Grain Mustard
100ml White Wine Vinegar	1 Dsp. Honey

Method

Boil the baby potatoes until just cooked, drain, cut into quarters and cool. Sprinkle liberally with the white wine vinegar and season with salt and pepper. Leave to soak and infuse for 10 - 15 minutes.

Chop the red onion and the spring onion. Sprinkle over the potatoes and dice the chorizo and add to the mix as well.

To make the dressing place all of the ingredients into the liquidiser and pulse until a coating consistency is reached. Toss the potatoes and the rest of the ingredients in the dressing and adjust the seasoning accordingly.

Preheat the oven to 200°C/400°F/Gas 6. Place the legs into a deep roasting dish with the fat and place in the pre-heated oven. Cook for approx. 20 minutes until the skin turns golden and crisp. To serve place some of the potato salad on a plate, place the confit leg on top and finally finish with a light drizzle of dressing around the plate.

Chef's Tip

Confit works wonderfully with salads or with winter risottos. Keep the fat from the confit for roasting vegetables and potatoes.

Sauce Suggestion

A tangy balsamic glaze works well with a confit or a zesty orange vinaigrette.



boneless chinese roast with stir-fry noodles

Serves 2 : Preparation Time 30 minutes

Ingredients

1 Silver Hill Pre-Cooked Boneless Chinese Roast Half Duck	Half Red Pepper (sliced)
250g Precooked Chinese Noodles	1 Red Onion (sliced)
2 Tablespoons Sesame Oil (or olive oil may be used instead)	1 Chopped Clove of Fresh Garlic
Half Green Pepper (sliced)	4 Tablespoons Light Soy Sauce
	Red Chilli Oil or Fresh Chilli (Add according to the heat you require)

Method

Remove all packaging and place the Boneless Chinese Roast Duck on a wire rack over a baking tray and cook for 25 mins @200°C/400°F/Gas 6. Cut the peppers, the onions and the chilli. In a wok or a deep frying pan, heat the sesame oil and when hot add the onions, peppers, chilli and garlic. Fry for about 30 seconds then add the noodles stir or toss until the noodles are hot add the soy sauce. When the noodles are hot divide into two portions and serve with the duck sliced and arranged nicely on top.

Chef's Tip

To add some body to the noodles why not add some sweet chilli sauce and/or oyster sauce. To impress family and friends, why not deep fry some glass noodles and garnish your dish.

Sauce Suggestion

Black Bean and Chilli Dressing or Thai Style Dressing



honey roast half duck with wild mushroom risotto

Serves 2 : Preparation Time 30-40 minutes

Ingredients

2 x Honey Roast Half Duck Portions	1 Onion (finely chopped)
1 Cup of Arborio Rice	2 Cloves Garlic (crushed)
3 Cups Chicken Stock	100ml Double Cream
50g Wild Mushrooms (shitake, Oyster)	50g Parmesan (finely grated)
100g Butter	

Method

Remove all packaging and place the honey roast half duck portions on a wire rack over a baking tray in a preheated oven 200°C/400°F/Gas 6 for 25 minutes. Heat 50g of the butter in a thick bottomed saucepan. Sweat off the finely chopped onion and crushed garlic until soft but not coloured. Add the rice and continue to sweat off. Gradually add the stock little by little allowing the rice to absorb it between additions. Test to see if its cooked, it should be slightly firm to the bite. Add in the mushrooms and let them cook then add the cream and the butter finally finish with the parmesan cheese. Serve with the Honey Roast on top.

Chef's Tip

Try adding chorizo sausage to the risotto for a fabulous accompaniment to duck. Instead of adding double cream, try crème fraiche for a slight tang on the finish.

Sauce Suggestion

A rich red wine jus with the addition of grand marnier or some type of orange liqueur.

