



Cooking up a storm... with Vicky Dunbar

Huntly mum Vicky Dunbar has taken an inspirational approach to cooking up tasty meals to enable her son Jack, who has multiple allergies, to enjoy the same meals as the rest of the family. Vicky is sharing her recipes with Huntly Express readers in this monthly column

MY twins celebrated their sixth birthdays yesterday, so I'm sneaking a 'Happy Birthday Emmy and Jack' into this my column for the upcoming Valentine's Day! Now go and treat that special someone!

Recipe 1

Vicky's Duck Breast with Whisky and Passionfruit Sauce

Ingredients

- 2 duck breasts, skin on
 - salt & pepper to taste
 - 2 passionfruit
 - 35ml Single Malt whisky
 - 50ml maple syrup
 - 5 grams treacle
 - 1/2 of a star anise
 - 250g new potatoes
 - 1 heaped tbsp sunflower spread / butter
 - 1 small handful freshly chopped chives
 - 225g trimmed green beans
- Prep time is 25 min, serves 2

Method

- Preheat the oven to gas 6 / 200C
- Scoop the passionfruit flesh and seeds out into a small saucepan
- Add the whisky and star anise and bring to the boil
- Stir in the syrup and treacle and bring to boil again. Take off the heat and set aside
- Put the potatoes in a pan and cover with salted water. Simmer for 15 minutes or until



softened, then drain and let cool slightly

- Meanwhile, score the skin on each duck breast in a criss cross fashion and season with salt & pepper

■ Place the duck breasts skin side down in a cold frying pan. Turn the heat to medium and fry for 6 minutes until golden, then turn over and fry 30 seconds on the skinless side

■ Transfer the duck to a wire rack over an oven tray, skin side up, and cook 10 minutes for rare, 15 minutes for medium and 18 for well done

■ Meanwhile, put the beans in a pan of lightly salted boiling water and boil for 4 - 8 minutes depending on how you prefer them, draining when ready

■ Take the duck breasts from the oven and let them rest on a warmed plate for 5 minutes before slicing

■ Meanwhile, melt the butter in a pan. Add the potatoes, crushing each slightly before putting in the pan and tossing in the butter

- Mix the chopped chives into the potatoes and season to taste with salt & pepper
- Warm through the passionfruit sauce
- Serve the duck breast on a bed of green beans and crushed potato with the sauce poured over

Recipe 2

Vicky's Chocolate Pannacotta

Ingredients

- 960ml full fat coconut milk
 - 8 tbsp cocoa powder
 - 12 tbsp sugar
 - 2 tsp vanilla, orange or mint extract
 - 8 tsp powdered vegetarian gelatin / agar agar (check the label, the brand I use sets 600ml with 10g powder but they all differ in strength)
 - a pinch of salt
- Prep time is 10 min, serves 4

Method

■ Set aside a quarter of the coconut milk, add the gelatin to it and let it bloom

■ In a small pan, gently heat the rest of the coconut milk, cocoa, sugar and salt, whisking until the sugar has dissolved, and let simmer for 5 minutes

■ Remove from the heat and whisk in the bloomed gelatin and extract

■ Divide the mixture evenly among 4 plastic glasses or serving bowls sprayed very lightly with cooking oil spray, let cool and refrigerate overnight

■ Unmold by gently squeezing the container sides, then tapping inverted container in center of single serving dishes. If they're troublesome to come out, dip the containers briefly in hot water then try again

