

Cook with Stanley!

At Stanley we believe that enjoying healthy delicious food is one of life's true pleasures and this week our recipes focus on delicious duck and fish dishes with a wide variety of flavours.

A Stanley range brings year round comfort and warmth to your home, as well

as convenience and economy of having your central heating, hot water and cooking all in one. With double ovens and hot plates that offer a range of cooking temperatures from rapid boiling to a gentle simmer, your Stanley range performs every function you need to indulge your passion for food.



Pan seared duck with plum sauce

First prepare the plum sauce. Begin by halving plums and removing pits. Peel off the skin with a pairing knife. Place the ginger, chillies and prepared plums in a saucepan and add the sugar. Cook over a medium heat until the sugar dissolves completely. Bubble for 20 minutes or so until the plums are soft and the juices are syrupy. Leave the plums to cool slightly and then place in a food processor and blitz until smooth. Return the sauce to the heat and cook for a further few minutes to thicken the sauce.

Place the duck breasts on a board and score the skin with a sharp knife. Season both sides with salt and freshly ground black pepper. When the pan is sufficiently hot, place duck breasts skin side down, for five minutes. Turn the duck breast over and cook for a further five minutes or so, until cooked to your preference (duck is better cooked medium-rare, but this depends on how you prefer the meat to be cooked). Occasionally you may need to pour off excess fat.

As the duck cooks, baste it with the plum sauce. Meanwhile, heat another pan, add the butter, and stir fry the peppers until cooked through.

To serve, slice each duck breast into four. Place a good spoonful of the peppers on each plate. Arrange the duck slices on top of the peppers and then spoon the spiced plum sauce over the duck. Scatter the plate with a little chopped dill.

Ingredients Plum Sauce

5 cm ginger, grated
3 red chillies, seeds removed and diced
450 g plums, de-stoned and quartered
150g muscovado or some form of brown sugar
30ml balsamic vinegar

Ingredients Duck

4 Duck breast
25g butter
1 of each red and yellow pepper, deseeded and chopped
You can choose your own vegetables to serve.
Suggestion would be spinach, carrots or leeks!

For the garnish

1 bunch dill, chopped

Serves 4

Grilled salmon with hot mango salsa

This dish works well substituting the salmon for cod. The salsa also is a perfect accompaniment for grilled or barbecued chicken.

Combine all the salsa ingredients. Mix well, stir in the lime juice and taste for seasoning. Place in the fridge while cooking the fish. Marinate the salmon in a little lime juice. Cook on a hot griddle for 3-4 minutes. Take the pan and put it in a very hot oven for a further 3-4 minutes until the salmon is cooked to your liking. Serve it straight from the oven with a generous spoon of salsa on top.

Ingredients

4 x 6oz/175g salmon fillets,
free of bone and skin

Ingredients mango salsa

1 large ripe mango peeled and diced
2 ripe tomatoes, peeled and diced
1 red onion, diced
1 garlic clove, finely chopped
½ red chilli pepper, diced
1 tablespoon fresh coriander leaves, chopped
Salt and freshly ground pepper
Juice of 1 lime

Serves 4



Stanley top tip - For a delicious paste to serve with fish, whiz a tablespoon of capers, a tablespoon of stoned green olives, a plump clove of garlic and a bunch each of parsley, tarragon and basil. Gradually add enough olive oil to make a paste. Guaranteed to liven up any fish dish!



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