

menu of the week

roast duck with red onion marmalade

rosemary garlic roasted potatoes

steamed carrots with green olive tapenade

cranberry amaretto vanilla mini-sundaes

roast duck with red onion marmalade
roasted with rosemary garlic roasted potatoes

Serves 4.

- 2 packages King Cole pre-cooked, frozen roast duck (thawed)
- 3 or 4 potatoes, scrubbed (peeled if you like) and cut into 1 inch cubes
- 4 tablespoons olive oil
- 1/2 tablespoon Heritage Line Herbs dried rosemary
- 1 1/2 tsp August Harvest Chopped Garlic
- Salt and freshly ground black pepper, to taste
- Just On The Side Red Onion Marmalade

Preheat oven to 425F.

Put cubed potatoes in a saucepan, cover with cold water and bring to a boil over medium high heat. Once the potatoes have boiled for 2 minutes, drain in a colander and shake so moisture evaporates.

In a bowl large enough to contain the potatoes, mix olive oil, chopped garlic and dried rosemary. Toss potatoes in olive oil mixture to coat evenly. Season with salt and pepper to taste

Transfer potatoes to a roasting dish and lay the duck alongside.

Roast for 25 to 35 minutes, stirring the potatoes occasionally so they brown evenly.

Serve with Just On The Side Red Onion Marmalade on the table as an accompaniment.

Note: if cooking duck from frozen, then skip the step of precooking the potatoes and increase roasting time to 40 to 50 minutes.

steamed carrots with green olive tapenade

Serves 4.

- 8 medium carrots, washed, peeled and cut into 1/4 inch 'batons'
- 2 tbsp La Natura Green Olive Tapenade
- 2 tbsp Mapleton's Organic plain yogurt
- Pepper, to taste

Steam carrots until tender, approximately 7 minutes. Mix tapenade and sour cream or yogurt and gently warm. Toss with steamed carrots before serving. Add pepper to taste.

cranberry amaretto vanilla mini-sundaes

Serves 4.

Divide 1 container of Mapleton's Organic Vanilla Ice Cream among 4 dessert bowls. Heat 1/2 cup From These Roots Cranberry Amaretto Jam until in the microwave or over the stove until warm but not hot (add a little amaretto for more of an adult treat if you wish). Drizzle 1/8 cup over each serving of ice cream. Top with toasted slivered almonds (*optional*). Enjoy!

Culinarium shopping list

2 packages King Cole pre-cooked roast duck (frozen)

4 potatoes

8 medium carrots

Heritage Line Herbs Dried Rosemary

August Harvest Chopped Garlic

Just On The Side Red Onion Marmalade

La Natura Green Olive Tapenade

Mapleton's Organic Plain Yogurt

Mapleton's Organic Vanilla Ice Cream

From These Roots Cranberry Amaretto Jam

Other

olive oil

slivered almonds (*optional*)