

**Simon Rogan**  
*at home*

**STRAWBERRY, SHEEP'S YOGHURT MOUSSE AND SWEET CICELY**

**FOR THE MOUSSE:**

Transfer the cream into a mixing bowl, and whip to soft peaks.  
In a bowl over your ice bath, fold together the sheep's milk yoghurt, honey and lemon zest.  
Add the lemon juice and gelatine sheets to a small saucepan and melt over a low heat to incorporate.  
Cool the saucepan with the lemon juice and gelatine in your ice bath.  
Once cooled, add the mixture to the sheep's milk yoghurt and honey.  
Return the mixing bowl to your ice bath, and gently fold in the whipped cream.  
Transfer the mousse into a suitable container and place into the fridge to set.

**FOR THE STRAWBERRIES:**

Remove the green tops from the strawberries, and then slice them in half.  
Place into a heatproof bowl or container.  
Roughly chop the sweet cicely.  
Bring the honey and water to a simmer, and add the chopped sweet cicely.  
Pour over the chopped strawberries and leave to infuse.

**FOR THE HONEYCOMB:**

Prepare a baking tray or other suitable mould lined with greaseproof or parchment paper.  
Add the honeycomb mix (sugar, glucose, honey and water) to a saucepan and cook until darkened slightly.  
Add the bicarbonate of soda to the pan and whisk to incorporate.  
Pour the honeycomb into the lined baking tray or mould, and set aside to cool.  
Take care to not touch the hot honeycomb.  
Break the cooled honeycomb into small chunks for the plate.

**TO PLATE:**

Place a spoonful of the sheep's yoghurt mousse into the centre of a shallow bowl.  
Remove the strawberries from the sweet cicely syrup and arrange to one side of the mousse.  
Spoon a touch of the sweet cicely syrup over the strawberries.  
Place chunks of the honeycomb over the dish, before finishing with the edible flowers.

Thank you for ordering this cook along kit in collaboration with The Sunday Times and Range Rover. I look forward to seeing you at 6:30pm on the 15th of July for our cook along event.

Best Wishes,



Simon Rogan

All items should be kept refrigerated until you are ready to start preparing your meal.

If you have any queries about this event, please do not hesitate to get in touch with the team at [events@mytimesplus.co.uk](mailto:events@mytimesplus.co.uk)

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## INGREDIENTS

### MAIN COURSE:

2x Duck Breasts  
Our Farm Cresses and Microherbs

200g Baby Beetroots in Rapeseed Oil  
25g Elderflower Syrup (Elderflower, Sugar, Water)  
25g White Balsamic (Contains Sulphites)

700ml Poultry Stock (Chicken Wings, Water, Celery, Carrot, Onion, Leek)  
300ml Beetroot Juice  
Sprig of Thyme  
Sprig of Rosemary  
1x Clove Garlic  
Knob of Butter  
6x Preserved Cherries\* (Cherry, Salt)

3x Heads Red Chicory  
1x Shallot  
250ml Red Wine or Port (Contains Sulphites)  
40g Sugar  
100ml Elderflower Vinegar  
1x Star Anise

### ALLERGENS:

Celery  
Sulphites

\*Although every care has been taken to remove all cherry stones, some stones/fragments of stones may still remain

### DESSERT:

200g Sheep's Milk Yoghurt (Contains Milk)  
100g Double Cream (Contains Milk)  
30g Honey  
2x Leaves Gelatine  
Juice and zest of ½ Lemon

120g Strawberries  
20g Sweet Cicely  
100g Honey  
300ml Water

325g Sugar  
125g Glucose  
60ml Water  
50g Honey  
20g Bicarbonate of Soda

Edible Flowers (optional)

### ALLERGENS:

Milk

## EQUIPMENT

### MAIN COURSE:

Small Ovenproof Tray  
Aluminium Foil  
Knife  
Chopping Board  
Two Medium Saucepans  
Oven Safe Frying Pan (or frying pan and ovenproof tray)  
Fine Mesh Sieve

### DESSERT:

Ice Bath  
Two Mixing Bowls  
Whisk  
Small Saucepan  
Medium Saucepan  
Large Saucepan  
Baking Tray  
Parchment/Greaseproof Paper  
Spatula  
Knife  
Chopping Board  
Heatproof Bowl/Container

## DUCK WITH BEETROOTS, CHICORY AND CHERRIES

### FOR THE BEETROOTS:

Line a small ovenproof tray with aluminium foil, leaving enough excess to fold into a parcel. Transfer the baby beetroots onto your lined tray, and drizzle over the rapeseed oil. Season the beetroots with a little salt, before placing into the oven to bake for 45 minutes, until tender.

Using a small knife, gently remove the skins and tops from the beetroots.

Cut the beetroots in half, and dress with the white vinegar and elderflower syrup.

### FOR THE SAUCE:

Add the poultry stock to a saucepan and begin to reduce over a low heat. Thinly slice a clove of garlic and add to the pan along with a sprig of thyme and rosemary. Add the beetroot juice to the pan and continue to reduce. Once the desired consistency is reached, strain out the aromats using a sieve. Melt the butter into the sauce, and add the preserved cherries to finish.

### FOR THE CHICORY JAM:

Thinly slice the shallot and 2 heads of chicory, retaining one to use later. Bring the chicory jam mix (red wine, elderflower vinegar, sugar, and star anise) to a low simmer in a saucepan.

Add the sliced chicory and shallot to the pan and reduce until caramelised.

Once caramelised, remove the star anise.

### TO FINISH:

Trim the sinew and any excess fat from the duck breast.

Season the skin side of the duck with a pinch of salt and place skin side down into a frying pan over a medium-low heat, rendering for 6-8 minutes.

Remove 2 leaves from the final head of chicory and slice in half. Season with a touch of salt and a drizzle of rapeseed oil.

Slice the head of chicory in half and place in the pan with the duck.

Once the fat has rendered and the skin is golden brown, transfer the duck and chicory onto an ovenproof tray if necessary, and finish in the oven for 5-6 minutes.

Let the duck rest for 5 minutes.

### TO PLATE:

Carve the duck breast into 4 generous slices, and season with a touch of salt.

Place a spoonful of the chicory jam onto the centre of a large flat plate.

Arrange the slices of duck over the chicory jam.

Remove the outside leaves from the roasted chicory and place next to the duck.

Drain the excess dressing from the roasted beetroots, and place them over and around the dish.

Arrange the leaves of raw chicory over the dish, then garnish with Our Farm cresses.

Finish by spooning the sauce over the dish, along with a touch of the white balsamic and elderflower dressing from the beetroots.