

# Ruinart

## RUINART ROSÉ

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### DUCK AND GRAPEFRUIT SALAD WITH HIBISCUS-SUMAC VINAIGRETTE



#### INGREDIENTS

Serves 4

**Preparation time:** 20 minutes

**Cooking time:** 30 minutes

- 2 duck filets
- 4 pink grapefruits
- 2 Treviso endives
- 1 red onion
- 1 pomegranate
- 3 sprigs of basil
- 3 sprigs of purple basil
- 1 sprig of mint
- 2 tbsp dried hibiscus flowers
- ½ lemon, juiced
- 1 tbsp honey
- 3 tbsp olive oil
- 1 tbsp sumac
- 1 tbsp apple cider vinegar
- Roquette, mesclun, watercress
- Salt and pepper

*Par Valérie  
Radou*

Chef at Maison Ruinart

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## The vinaigrette:

Infuse the hibiscus flowers in 20cl of boiling water. Reduce to one-fourth of the volume. Sift and let cool. Mix with the honey, sumac and salt; add the olive oil. Quarter the duck filets, skin side up. Season with salt and pepper. Sear on low heat, skin-side down, for 6 minutes; turn over and cook another 6 minutes. Remove from stove and let rest. Cut into thin slices.

## The Salad:

Peel and extract the grapefruit segments; juice. Adding the lemon juice, reduce to one-fourth of the volume. Let cool. Mix the reduced grapefruit juice and the vinaigrette. Set aside the pomegranate seeds. Cut up the endive and basil leaves.

Mix the grapefruit, the herbs and the pomegranate seeds; add the vinaigrette and toss gently. Plate, then garnish with slices of duck.

**CHEF'S TIPS** Serve this salad with raspberries, cherry tomatoes, gooseberries, cherries. Pomegranate seeds may be substituted for redcurrants or gooseberries. Endive may be substituted for radicchio. Purple shiso may be substituted for purple basil. Pairs equally well with quail, guinea hen or lamb.

