



## Gavin Forman

### – The Old George & Dragon Restaurant

### “De-Mistyfying Duck”

This session is designed to take the mystery out of using duck as an alternative to other poultry and to show the many ways in which it can be prepared and cooked.

Gavin Forman, Head Chef of the “award-winning” The Old George and Dragon Restaurant at East Maitland, will demonstrate how to prepare and cook all of the different parts that can be sectioned from one duck.

Gavin will show how to:

1. Oven-roast the duck breast and make caramelized oranges and a red-wine duck jus
2. Use the bones to produce stock and fat
3. Use the liver to produce duck liver pate
4. Make a confit duck sausage from the legs

The ingredients for his dishes are:

**Oven-roasted Duck Breast**, with  
caramelized oranges and a red-wine jus

Duck  
Oranges  
Marmalade  
Red wine  
Duck stock  
Sugar

**Duck Liver Pate**

Duck liver  
Onions  
Fermented black garlic  
Bacon  
Thyme

**Leg Confit Sausage**

Duck leg  
Duck fat  
Red wine



**The Old George & Dragon Restaurant** prides itself in providing Australia's best French-European cuisine, delivered in its own unique and distinctive ambiance. The cuisine is produce driven and the menu is decided on a daily basis according to the availability of fresh produce. Our menu is responsive to the seasons; there is an emphasis on rich sauces, game dishes and in the warmer month's fish and shellfish dishes.