



Demonstration Kitchen  
3<sup>rd</sup> & 4<sup>th</sup> October 2020

**4pm: James Sherwin of Wild Shropshire**

*Ingredients list:*

***Aged duck breast, Beetroot, Burnt cream, Whey***  
*Ingredients for 1 person*

1 duck breast

200mls buttermilk

150mls double cream (50 mls for whey sauce, 100mls for burnt cream)

50g butter

10g honey

1 beetroot

Foraged herbs, I used Carrot tops, Yarrow, Calendula, Oxalis