

DUCK BREAST WITH HONEY GLAZE

Serves 4

- 2 Duck breasts
- 4 Tablespoons sherry vinegar
- 2 Tablespoons honey
- 2 Tablespoons chicken stock
- Salt and freshly ground pepper



METHOD

1. Lightly score skin of breasts so that the fat can render during cooking.
2. Sear the breasts in a pan over medium-high heat for approximately 3 minutes per side, with skin side down first. Set aside to rest.
3. Pour off all the fat from the frying pan (save for later in a cleaned jam glass) and reduce the heat to medium.
4. Add the sherry vinegar and loosen any bits of duck sticking to the bottom of the pan.
5. Stir in the honey and chicken stock.
6. Cut the duck diagonally into 10-centimetre strips.
7. Place the strips back in the pan with the sauce, and reheat briefly.
8. Season the dish with salt and pepper to taste.
9. Place the duck strips on a plate and drizzle the sauce on top.

TIP: Serve the duck with its honey glaze and accompany it with colourful steamed vegetables.