

ROASTED DUCK BREAST WITH PLUM SAUCE

Serves 2

INGREDIENTS:

DUCKO DUCK BREASTS

2 Ducko Duck breasts

1 Thyme sprig

1 Star anise

25g Butter

Salt and pepper to taste

PLUM SAUCE

250g Dark red plums

(Halved, stoned, and cut into small wedges)

50g Demerara, or raw sugar

1 Shallot (Finely chopped)

1 Tablespoon olive oil

50ml Red wine

300ml Beef stock



METHOD

PLUM SAUCE

1. Fry the shallot in the olive oil for 5 minutes, or until softened but not coloured.
2. Add the plums and sugar, stirring for a few minutes until the sugar has dissolved.
3. Add the red wine and stock, then simmer for about 15 minutes, stirring occasionally, until softened and slightly thickened.

METHOD

DUCKO DUCK BREASTS

1. Preheat the oven to 180°C.
2. Score the skin of the Ducko duck breasts with a sharp knife and season well with salt and pepper.
3. Heat a non-stick frying pan and place the Ducko duck breasts in the pan, skin-side down, and fry for 6-7 minutes.
4. Turn the Ducko duck breasts and add the thyme, star anise and butter. Let this melt, then baste the Ducko duck breasts with the juices.
5. Transfer everything to a small roasting pan and finish in the pre-heated oven for 5 to 6 minutes for a pink duck meat, or 10 to 12 minutes for well-done duck meat.
6. When the Ducko duck breasts are ready, baste them again with the juices, then let it rest for 5 minutes.
7. Thinly slice the Ducko duck breasts on a chopping board. Arrange on each plate and serve with the plum sauce.
8. Add some creamed, or mashed, potatoes and vegetables, such as buttered spinach.



DUCKO FOODS