

ROASTED DUCK BREAST WITH STEWED STRAWBERRY AND PEAR

Serves 2

INGREDIENTS:

- 2 Ducko duck breast halves
- 1 Cup strawberries, hulled and halved
- 1 Large pear, cored and sliced
- 2 Tablespoons olive oil
- 1 Teaspoon dried thyme
- Salt and pepper to taste



METHOD

1. Preheat the oven to 200°C.
2. Score the skin of the Ducko duck breasts in a crosshatch pattern with a sharp knife.
3. Season the duck breasts with thyme, salt, and pepper on both sides.
4. Heat a large oven-safe skillet over medium-high heat (190-200°C) on the stove and add 1 tablespoon of olive oil.
5. Place the duck breasts skin-side down in the skillet and cook for 6-7 minutes, or until the skin is crispy and golden brown.
6. Flip the duck breast over and cook for another 2-3 minutes to sear the other side.
7. Remove the duck breast from the skillet and set aside.
8. In the same skillet, add the sliced pear and cook for 2-3 minutes until slightly softened.
9. Add the strawberries to the skillet and cook for an additional 2 minutes.
10. Season the fruit with salt and pepper, and gently stir to combine.
11. Return the duck breast to the skillet, skin-side up, and place it in the oven with the fruit.
12. Roast for an additional 6-8 minutes or until the duck breast is cooked to your desired doneness.
13. Remove the skillet from the oven and let the duck breast rest for 5 minutes before slicing.
14. Serve the sliced duck breast with the stewed fruit on the side.



DUCKO FOODS