



<http://www.luvaduck.com.au/recipes/view/duck-breast-served-with-red-wine-and-plum-sauce-with-pea-puree/>

# DUCK BREAST SERVED WITH RED WINE AND PLUM SAUCE WITH PEA PUREE

**Difficulty:** Easy

**Serves:** 4

**Cooking:** 1 hour



## INGREDIENTS

4 Luv-a-  
Duck Duck fresh breasts  
freshly ground black pepper  
sea salt

### **Plum Sauce (makes approx. 2/3 cups)**

1 tablespoon olive oil  
1 small onion sliced  
4 plums, chopped  
1 stalk fresh rosemary  
1/4 cup balsamic  
500 ml red wine  
500 ml duck stock  
1 tablespoon brown sugar  
1 tablespoons butter

### **Pea puree**

2 tablespoons olive oil  
2 shallots, roughly chopped  
1 tablespoon lemon juice  
3/4 cup duck stock  
1 1/2 cups frozen peas, thawed

## METHOD

1. For the plum sauce, heat oil in a medium saucepan. Sauté onion until caramelised, stirring regularly approx. 5 minutes.
2. Add the rosemary, plums, balsamic and red wine. Bring to the boil, turn down to simmer. Reduce by half approx. 10 minutes.
3. Add the stock and brown sugar to the pan and reduce until there is approx. 1 cup liquid remaining, approx. 20 minutes. Strain and reduce for a further 5 minutes until thickened. Stir through the butter to finish the sauce. Keep warm.
4. Meanwhile, Preheat the oven to 190C.
5. Pat duck breasts dry with paper towel. Score the skin in a diagonal pattern and season with salt and pepper.
6. Heat a frying pan over a medium/high heat. Place the duck skin side down for 3 minutes, or until the skin is golden. Turn the duck over for 2 minutes skin side up.
7. Remove the duck from the pan and place in a roasting tray. Cook in the oven for 10 minutes, or until pink in the middle. Let the duck breast rest and keep warm.
8. To make pea puree, heat oil in a large frypan. Add the shallots and sauté until softened.
9. Add the peas and lemon juice to the pan, pour over stock. Bring to the boil and cook for one minute.
10. Pace into a food processor and blend until smooth. Season to taste.
11. Divide puree between 4 plates. Top with sliced duck breast and pour over sauce.

Photo by Cheryl Mishio. Thank you for the lovely image!