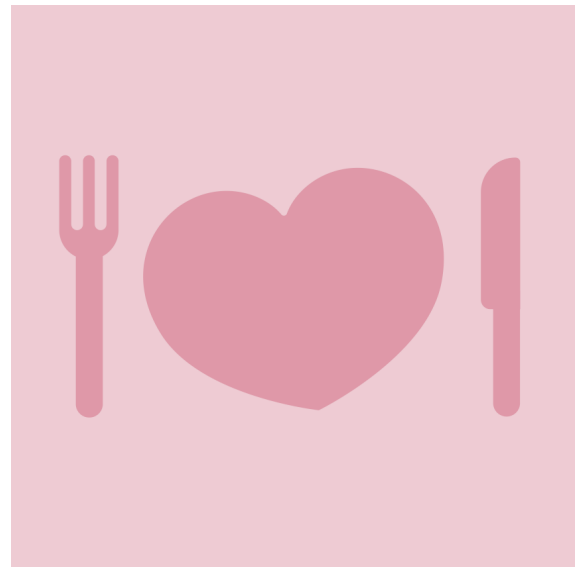




DUCK BREAST WITH SAUCE AIGRE DOUCHE

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy
Serves: 2
Prep: 15 minutes
Cooking: 25 minutes



INGREDIENTS

2 Luv-A-Duck Duck Breasts, skin on
2 tbs sugar
¼ cup (60 ml) red wine vinegar
½ cup (125 ml) veal glaze or stock
Zest of 1 orange and ¼ cup (60 ml) orange juice
½ tsp of Chinese 5 spice
20 g cold butter, chopped
Pinch of salt and pepper

METHOD

1. Remove duck from the fridge 30 minutes before cooking. Score the duck skin and season with salt and pepper. Add duck breasts to a moderately hot pan, skin-side down for 5 minutes, or until the skin is golden. Turn and cook the other side for 2 minutes. Transfer to the oven and cook for a further 8 mins. Transfer to a plate and rest in a warm spot for at least 5 minutes. Resting is an important step.
2. For the sauce, drain excess fat from the pan. Sprinkle sugar into the pan and cook over a medium heat until it melts and forms a caramel. Add red wine vinegar and whisk to combine. Add veal glaze and any remaining meat juices from the pan and reduce slightly. Add orange zest and juice and reduce again until thick and glossy. Whisk in cold butter and the 5 spices.
3. Thinly slice the duck and drizzle with the sauce.

CHEF'S TIPS

This is a beautiful sauce that is perfect for a mid-week dinner or a dinner party with friends!