



MARMALADE AND GRAPEFRUIT DUCK BREAST

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 2

Cooking: 20 minutes



INGREDIENTS

2 Luv-a-Duck Duck Breasts,
brought out of the fridge 30
minutes before cooking
3 tblsp orange marmalade
3 tblsp soy sauce
1 small grapefruit, segmented
1 orange, segmented

METHOD

1. Pre heat the oven to 190°C.
2. Score the duck skin and season with salt and pepper. Heat a pan until you can feel moderate heat and place the duck, skin side down into the pan for 5 minutes until golden. Turn the duck breast over and cook for 2 minutes. Place the duck in a roasting tray and cook in the oven for 8 minutes. Remove the duck and let this rest for at least 5 minutes before slicing into it.
3. Combine the marmalade with the soy sauce and pour into the pan ensuring it is not poured onto the skin. Roast for 8 minutes.
4. Remove from the oven and allow the duck to rest on a plate. Place the pan back on to the heat and add the segments. Heat up for one minute.
5. Slice the duck and serve with crispy potatoes and the sauce.