

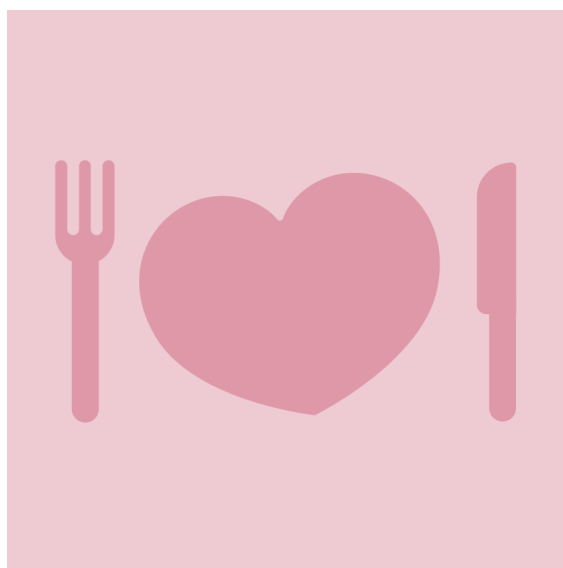


RASPBERRY DUCK BREAST

Difficulty: Easy

Serves: 8

Cooking: 15 minutes



INGREDIENTS

4 Luv-A-Duck Fresh Duck Breasts
6 tablespoons raspberry vinegar
2 cloves crushed garlic
1 tablespoon tomato paste
250ml rich red wine
2 tablespoons red currant jelly or rasp jam (melted & strained)
2.5 tablespoons cold unsalted butter
2.5 handfuls very ripe raspberries

METHOD

1. Preheat the oven to 190C.
2. Score the skin and season with salt and pepper.
3. Heat a pan until you can feel moderate heat coming off it. Place the duck, skin side down for 5 minutes, or until the skin is golden. Turn the duck over and cook for 2 minutes on the meat side. Pour fat out of pan and set aside.
4. Place breasts into oven for 8 minutes. Take out and rest for at least 5 minutes.
5. Deglaze the skillet used for frying with the vinegar, scraping up the pan juices.
6. Boil to reduce to about a tablespoon, about a minute.
7. Whisk in the garlic, tomato paste and red wine sauce.
8. Boil to reduce by half, about 5 minutes.
9. Whisk in the jelly/jam.
10. Remove from the heat, and whisk in the butter, a piece at a time to make a glossy sauce.
11. Toss in the fresh berries, reserving a few for garnish.
12. Thinly slice the breasts and arrange on a platter on a bed of rocket.
13. Spoon over sauce and serve.