



CRISPY SKIN DUCK BREAST WITH PEACH TARRAGON AND HONEY

Difficulty: Easy

Serves: 2

Cooking: 45



INGREDIENTS

2 Luv-a-Duck Duck Breasts
4 Peaches, quartered
1 Onion, cut into rings
2 tbs honey
1 tbs butter
1 lemon, juice
1 bunch tarragon, leaves picked
1 bag Butter Leaf Mix
¼ cup roast almonds, diced
Red Island olive oil
Sea salt

METHOD

1. Meanwhile, preheat oven to 190°C. Pat duck skin dry, score the skin and season with salt. In a medium pan over moderate heat, place the duck breasts skin side down into the pan for 5 minutes or until skin is golden. Turn the duck breast over and cook for a further 2 minutes.
2. Remove from the pan and place on a lined baking tray. Roast the duck in the oven for 8-10 minutes, or to your liking. Remove from the oven and rest for 5 minutes before slicing the duck into thin pieces. For best results, duck should be cooked medium rare.
3. In the same pan, the duck was cooked in add the honey and butter, cook until the honey and butter melts. Add the lemon juice and pinch of salt, stir through and remove from the heat.
4. In a griddle pan grill the peaches and onions until they get bar marks and soften slightly.
5. To serve, lay the leaves on a platter, top with peaches, onion and duck. Then drizzle over the dressing, making sure to dress every piece of duck. Finish with the tarragon leave and almonds.

CHEF'S TIPS

Recipe by Michael Weldon and courtesy of Farm-to-Fork.