



DUCK BREAST STUFFED WITH PRUNES

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 2

Cooking: 20 minutes



INGREDIENTS

2 x Luv-a-Duck , Fresh Duck
Breasts
6 prunes
¼ cup walnuts
2 tbs walnut oil
Zest and Juice of half an orange
¼ cup balsamic vinegar
1/2 cup chicken stock
½ bunch chives chopped to
garnish (optional)
Salt and pepper
San Remo Pappardelle, cooked
(use one nest per person)

METHOD

1. Pre heat the oven to 190°C.
2. For the prune stuffing blend ingredients in a small food processor.
3. Make an incision on the side of each duck breast.
4. Fill each cavity with prune stuffing and seal the cavity securely with a toothpick. Season the duck with salt and pepper.
5. Heat a pan on medium heat and cook the duck, skin side down for 5 minutes until skin is 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.
6. Place the pan back on the stove and deglaze with the vinegar.
7. Once syrupy add the stock and reduce by half.
8. Slice the duck in to three and arrange on plate and drizzle with the balsamic sauce.