



DUCK BREAST WITH FIG AND CIDER GLAZE

FRESH FIGS AND CIDER COMBINE TO MAKE THIS GLAZE - GREAT WITH GRILLED DUCK BREAST

Difficulty: Easy

Serves: 2



INGREDIENTS

2 Luv-a-Duck, Duck Breasts
100ml fig and cider glaze
100ml dry cider
salt and pepper

METHOD

1. Heat 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 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.
4. Taking care with hot pan, skim off as much duck fat as possible, add cider and bring back to boil.
5. Reduce by half, add fig and cider glaze and heat through – do not boil.

CHEF'S TIPS

Slice duck breast on the diagonal and serve with sauce.
Serve on a bed of lentils.