



DUCK BREAST WITH RED WINE SAUCE, POTATO CAKE AND WILTED ENGLISH SPINACH

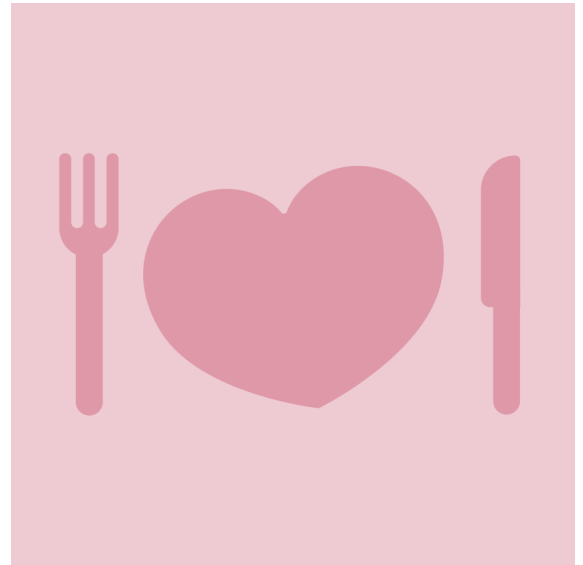
An elegant recipe for any dinner party. Recipe by Queensland chef and presenter Jeff Chadburn.

Difficulty: Easy

Serves: 2

Prep: 25 minutes

Cooking: 20 minutes



INGREDIENTS

2 Luv-a-Duck Fresh Duck Breasts
2 large waxy potatoes, grated
1 small onion, finely chopped
1 tsp plain flour
1 tbsp butter
1 tbsp oil
1 bunch English spinach leaves
1 tsp olive oil
50g white sugar
300ml Pinot or other good red wine
Salt and pepper

METHOD

1. Pre-heat oven to 190C.
2. Score the skin of the duck breast 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.
4. 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.
5. Squeeze grated potato to remove most of the liquid. Place in a bowl, add onion, flour salt and pepper. Heat oil and butter in a pan and add about 3 tablespoons of potato. Flatten and cook on both sides until golden and crisp. Drain all cakes on paper towel and keep warm.
6. Wash spinach several times in cold water. Add olive oil to pan and saute until just wilted. Keep warm.
7. Add sugar to a saucepan and caramelise over a high heat. Pour the wine carefully into pan. Be careful because this will bubble up. Stir until sugar dissolves and simmer until the sauce reduces by half.
8. On a warmed plate place potato cake in middle, top with spinach, then another cake with more spinach. Place several slices on breast on top and drizzle sauce around plate.

CHEF'S TIPS

The potato cakes can be pre-made and reheated when needed.