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# DUCK BREAST WITH SAUCE AIGRE DOUCE AND WARM HARICOT BEAN SALAD



FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

**Difficulty:** Easy

**Serves:** 2

**Cooking:** 45 minutes

## INGREDIENTS

2 Luv-a-Duck Fresh Duck Breasts  
2 tbs sugar  
¼ cup (60 ml) red wine vinegar  
½ tsp of quatre epice (four spice)  
½ cup (125 ml) chicken stock or veal glaze  
Zest of 1 orange, finely grated  
¼ cup (60 ml) orange juice  
20 g butter, chopped  
1 ½ cups haricot beans (soaked overnight then cooked)  
1 sprig of thyme  
½ bunch of parsley  
Pinch of salt and pepper  
1 tbs of extra virgin olive oil  
1 clove of garlic (finely chopped)

## METHOD

1. Preheat oven to 190°C.
2. Remove duck from the fridge 40 minutes before cooking.
3. Score the duck skin and season well with salt and pepper.
4. 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
5. 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.

### For the sauce:

1. Sprinkle sugar into the pan that you cooked the duck in.
2. Cook over medium heat until it melts and forms a caramel.
3. Add red wine vinegar. Stir to combine.
4. Add veal glaze and reduce slightly.
5. Add orange zest, quatre epice and juice and reduce again until thick and glossy.
6. Whisk in butter.
7. Now slice the rested duck thickly.

### For the bean salad:

Mix through fresh parsley, thyme and finely chopped garlic and the olive oil.

Serve slices of duck breast over the bean salad with a spoonful of the sauce.