



DUCK DIANE

Rich, creamy and full of flavour – Duck Diane brings French flair home. Crispy duck breast, silky brandy sauce, fresh herbs and hot fries. A 30-minute restaurant-style dish made easy.



Difficulty: Easy

Serves: 2

Prep: 10 minutes

Cooking: 20 minutes

INGREDIENTS

- 2 Luv-a-Duck fresh duck breasts
- 1 French shallot, finely sliced
- 1 clove of garlic, finely chopped
- 1 tsp tomato paste
- 2 tbsp brandy
- 150ml chicken stock
- 1 tbsp Worcestershire sauce
- 150ml cream
- 4 sprigs parsley, finely chopped
- Salt and pepper
- Fries, to serve

METHOD

1. Preheat the oven to 190°C and remove the duck from the fridge for at least 30 minutes before cooking.
2. Pat the skin dry and score then season with salt. Place the duck in an oven-safe pan, skin-side down. No need to add oil. Now gradually bring the heat up to medium. The aim is to render out the fat and form a crispy golden skin; this should take 5-8 minutes. Turn the duck over and drain fat (reserve for a later date to make great potatoes). Roast in the oven for a further 8-10 minutes. Remove and rest for 10 minutes.
3. While the duck is resting, pour excess fat out of the pan.
4. Place the pan back on the heat and add shallot and garlic. Cook for a minute to caramelize then add the tomato paste stirring with a wooden spoon to combine. Add the brandy and deglaze before adding the stock. Bring to a boil and reduce by $\frac{1}{2}$ then add the Worcestershire sauce followed by the cream. Check the seasoning and then add the parsley.
5. Thickly slice the duck. Serve with fries and a generous spoonful of sauce.

Recipe by Justine Schofield, and featured on Everyday Gourmet.