



HOW TO COOK DUCK BREASTS

Difficulty: Easy

Serves: 2

Cooking: 20 mins



INGREDIENTS

2 x Luv-a-Duck, Duck Breasts
Salt and Pepper

METHOD

1. Heat frypan to a medium heat, and preheat oven 190 c.
2. Score the skin of the breast with a sharp knife.
3. Lightly season the duck breasts with a little salt and freshly ground pepper.
4. When the pan is moderately hot, place the breasts skin side down using no oil and cook for 4-5 minutes or until the skin is golden brown.
5. Turn over and cook for another minute and then place into preheated oven for 8 minutes.
6. When cooked, remove from the pan and rest the breasts for about 5 minutes. This will allow the juices to settle.

CHEF'S TIPS

Fruit sauces, such as orange, pear, plum or cherries are the perfect accompaniments for duck.