



ORANGE MAPLE ROASTED DUCK BREASTS

Difficulty: Easy
Serves: 2
Prep: 10 mins
Cooking: 20 mins



INGREDIENTS

- ☒ 4 duck breasts
- ☒ 4 garlic cloves
- ☒ 2 oranges, sliced
- ☒ small handful of rosemary
- ☒ small handful shallots
- ☒ ½ cup maple syrup
- ☒ 1 teaspoon whole-grain mustard
- ☒ Olive oil, salt & pepper to taste

METHOD

1. Preheat the oven to 180°C.
2. Place duck breast (skin facing up) to an oiled cooking tray. Use a sharp knife to create slits along the breast, roughly 3 cm apart (the slits on the skin encourage the fat to render out).
3. Squeeze orange juice over the breast and then place in the tray, followed by the garlic cloves, a sprinkle of rosemary and drizzle of olive oil.
4. In a saucepan, combine orange slices, shallots and maple syrup, bring to a boil and simmer for 5 mins. Remove from heat and pour over duck.
5. Season with salt and pepper, transfer duck to oven and cook for approx. 1hr – 1hr 15 min depending on your oven.
6. Remove the duck from the oven cooked through but not over cooked. I like to cook duck similar to steak, think medium/rare. Once cooked, turn on the grill for 3-4 mins until the skin darkens slightly.
7. In a pan, combine red cabbage and capsicum with a dash of maple syrup for your side salad. Cook until just tender approx. 5min.
8. Serve and Enjoy

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