



STICKY MARMALADE DUCK BREAST

Difficulty: Easy
Serves: 4
Prep: 5 minutes
Cooking: 20 minutes



INGREDIENTS

4 Luv-a-Duck Fresh Duck Breast
Sea salt
1 cup bitter orange marmalade
4 Tbsp soy sauce
1/4 Luv-a-Duck Duck Stock (or chicken stock)
2 oranges, zested & segmented
Salad or steamed vegetables to serve

METHOD

1. Pre-heat oven 190°C
2. Score the duck skin and season with salt and pepper. Heat a pan until you can feel moderate heat and place the duck, skin side down into the pan for 5 mins until golden. Turn the duck breast over and cook for 2 mins. Remove the duck breasts from the pan and place on a roasting tray.
3. In the same pan that you have cooked the duck breasts in, add in the orange marmalade, soy sauce and 1/4 cup of duck stock. Let this simmer for 3 mins until the sauce thickens and cover the duck breasts with 2 Tbsp of the sauce.
4. Roast the duck in the oven for 8–10 mins. Remove pan from the oven and place duck breasts on a warm plate to rest for at least 5 mins.
5. Return the pan to the heat and add the orange zest and segments simmer on a low heat until sauce is sticky and reduced 2–3 mins.
6. Slice duck breast thinly and arrange on a serving plates drizzle with sticky sauce and serve hot with salad or vegetables.

CHEF'S TIPS

This dish is also delicious made with lime or cumquat Marmalade.