



PAN ROASTED DUCK BREAST

INGREDIENTS

- 1 Duck Breast

For the Plum Purée

- 4 plums, roughly cut
- 100ml water
- 2 star anise
- 1 cinnamon stick
- 2 tbsp granulated sugar

- 1 tsp Fifty Shades of grey

For the Pommes Anna

- 2 baking potatoes
- 1 onion
- 20ml balsamic vinegar
- 1 vanilla pod
- 25g butter

The acidity in the plum purée cuts through the richness of the duck breast to create a treat! Here served with our twist on Pommes Anna.

INSTRUCTIONS

1. For the plum purée, place the plum purée ingredients in a pan, bring to a boil and simmer for 10 mins
2. Remove plums from the cooking liquor and blitz in a food processor (make sure not to include any whole spices). Add extra cooking liquor if needed
3. Slice potatoes on a mandolin, salt for 10 minutes, then wash and drain
4. Sweat the onion in a pan with balsamic vinegar and a pinch of salt and sugar
5. When soft add vanilla pod, leave to cool and then take out vanilla pod
6. Layer potatoes with onion, and mix every other layer with melted butter
7. Bake in an oven at 180°C for 60 to 80 mins
8. Cover the duck in Fifty Shades of Grey, fry in a pan until browned, and then cook in oven at 180°C for 6 minutes until pink
9. Rest for 5 minutes and serve with the potatoes and plumpurée



Feeds
2



Prep time
40 m



Cook time
1 h 30m

