



Duck Breast w Caramelised Spring Onions, Sautéed Potatoes and Sweet Cherry Sauce (2 serves)



INGREDIENTS

- Duck Breast
- 2 large potatoes
- 4 spring onion stems
- 40ml oil
- 40g butter
- 2 tablespoon brown sugar
- parsley

Cherry Sauce

- 1 orange, zested and juiced
- 1 tablespoon ginger
- 1 tablespoon soy sauce
- 60ml port or red wine
- 400g pitted canned cherries

METHOD

Step 1 - Preheat the oven to 190C.

Step 2 - Remove duck breasts from packaging and pat duck breasts dry with paper towel. Score the skin in a diagonal pattern and season with salt and pepper.

Step 3 - Heat a frying pan until you can feel moderate heat coming off it. Place the duck skin side down for 5 minutes, or until the skin is golden. Turn the duck over for 2 minutes skin side up.

Step 4 - Remove the duck from the pan and place in a roasting tray. Cook in the oven for 8 - 10 minutes, or until pink in the middle. Let the duck breast rest for at least 5 minutes before slicing into it.

Step 5 - Par boil potatoes and slice, sauté potatoes with butter and parsley.

Step 6 - In a hot pan, add spring onion stems, add butter and brown sugar and sauté until caramelised.

Step 7 - Place orange juice and zest, ginger, soy sauce, port and cherries in a pan, bring to the boil then turn down the heat and simmer until reduced to desired thickness. Enjoy!

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