



Roast Breast Of Duck with Rich Berry Sauce: Serves 4

Using a sharp knife, carefully score the duck skin and fat in a criss-cross pattern and season well. Heat a non-stick frying pan and fry the duck over a high heat for several minutes, until the skin is golden brown and beginning to crisp up. Turn over and seal the other side for a minute or two and then remove to a roasting tray.

Put into the oven at 220c and roast for around 8 to 10 minutes for rare, or until cooked to your liking. Meanwhile, pour the excess fat off from the frying pan. Return it to the heat and pour in the wine and grenadine/creme de cassis (If using), stirring well to incorporate any bits stuck to the pan. Turn up the heat and boil hard to reduce slightly and then add the chicken stock and honey. Bring back to the boil, add the berries and let the sauce reduce until it has thickened nicely to a saucy consistency. Season to taste.

The duck will probably be cooked half way through this. Remove them from the oven when done and leave them to rest in a warm place whilst the sauce is finished. Pour off the excess fat from the roasting tray and add the juices that remain to the sauce. Do the same with any juices that come out of the meat whilst it is resting.

To serve, cut the breasts diagonally into several slices and fan on a plate. Pour over the sauce and share out the berries and then serve. Spiced red cabbage or roasted vegetables make a nice accompaniment.



- 4 Duck breasts
- 1 Glass of red wine
- A splash of grenadine or creme de cassis (Optional)
- 1 Dessert spoon honey
- 3/4 Pint of chicken stock
- 300g Mixed berries (e.g. cherries, blackberries, redcurrants, raspberries)
- Salt and freshly ground black pepper