

Crispy Duck Breast, Red Onion and Orange Chutney.

4x 170g Duck Breast.
100ml Orange juice.
2 Red Onions, peeled and thinly sliced.
2 easy peel Oranges, Zest and Segment.
2x teaspoons Brown sugar.
2x tablespoons Cranberry Sauce.
50g Butter
2 Tablespoons Red wine Vinegar.

Melt butter in a saucepan, add Red onion, and gently cook for 10 mins. Add Orange juice, vinegar, zest, sugar, orange segments and Cranberry sauce, simmer for 5 mins. Season with salt and pepper.

With a sharp knife cut the fat (crisscross) on the duck breasts, season with salt on fat side. Place duck breasts fat side down on a COLD pan. Turn on heat to medium high, leave for 3/4 mins, pour off excess fat from pan, reduce heat to medium cook for further 5 mins, turn and cook for 4/5 more mins, leave to rest till you carve.

Best regards,

Enjoy

Derry