

seared duck breasts with balsamic vinegar, rosemary, and shallot sauce

• Serves: 8 • Preparation: 1 hour marinating plus 15 minutes • Cooking: 30 minutes

We made this years ago at the Books for Cooks Valentine's Day dinner. It was such a success that we had to include it in the book!

8 duck breasts

marinade

1 tablespoon honey

2 tablespoons light soy sauce

salt and pepper

balsamic, rosemary, and shallot sauce

1 tablespoon olive oil

6 shallots, finely sliced

2 tablespoons chopped rosemary

½ cup (4 fl oz) red wine

1 cup (8 fl oz) balsamic vinegar

¾ cup (6 fl oz) chicken stock

1–2 tablespoons fruit jelly, such as crab-apple or elderberry

4 tablespoons (2 oz) butter, chilled and diced

1 Preheat the oven to 375°F.

2 Trim any excess fat from the duck breasts. Mix together the marinade ingredients, pour over the duck and leave for 1 hour.

3 Heat a heavy frying pan, add the duck and brown well on both sides. Remove from the pan, place in a roasting tray and roast in the preheated oven for 10–15 minutes until still pink. Allow to rest for 5 minutes before carving.

4 To make the sauce, heat the olive oil in a saucepan. Wilt the shallots and rosemary, cooking until caramelized, about 10 minutes. Add the wine and balsamic vinegar, bring to a boil and reduce to an eighth. Add the stock and reduce by half. Whisk in the fruit jelly, simmer for 5 minutes, then bring back to a boil. Whisk in the chilled butter to thicken and enrich the sauce.

5 Serve the duck sliced on warm plates with the sauce.

divados



We use Gressingham duck breasts. Do not use cheap balsamic vinegar, as it will affect the taste of the sauce. Redcurrant jelly works well but does have quite a strong flavor.



Marinate the duck the day before. The sauce can be made earlier in the day, but do not add the butter until reheating to serve.



We serve it with Mashed Sweet Potato and Ginger (see page 130), a roasted pumpkin purée or string beans tossed in toasted sesame seeds and light soy sauce.



You can sear the duck hours before, then roast in the hot oven at the last minute. Allow to rest for 10 minutes.