



DUCK BREAST WITH PEPPERCORNS

Ingredients

2 Large duck breasts

Salt

1 tablespoon of cracked black peppercorns

1 tablespoon of olive oil

50g of shallots chopped

1 tablespoon of white wine vinegar

50mls of Armagnac (or Brandy/Cognac)

100mls of cream

Method

1. With a sharp knife score the duck skin in a diamond pattern. Sprinkle with salt and press the crushed peppercorns into the meat and a small amount on the skin.
2. In a frying pan heat the oil over a low heat. Put in the duck breasts skin-side down, cook slowly for 10 minutes until most of the fat runs out of the breasts and the skin is golden and crisp.
3. Turn the duck breasts over and cook for 3 minutes on the other side. Transfer to a serving dish and keep warm.
4. Remove most of the excess fat from the pan then add the shallots and cook for 1 minute. Add the vinegar and cook until it has completely evaporated. Pour in the armagnac and cream and simmer for about 1 minute or until the sauce coats the back of a spoon.
5. Slice the duck breasts, pour the sauce around the edge and serve