

Duck Breast in Cherry Red Wine Sauce



Serves 4 Prep 10 mins

Cooking 1h 35 mins

Challenge

Ingredients

400g cherries, halved and stoned
(out of season use frozen cherries - defrosted thoroughly - cook for 10 mins extra)
juice of 2-3 large oranges (± 160ml)
100g caster sugar
500ml full-bodied red wine
4 duck breasts
salt & pepper
serve with mash and green beans

1. Preheat the oven to 180C/ Fan 160C/ Gas 4. Put the cherries in a small baking dish with the orange juice and half the sugar and bake for 25 mins or until the cherries have softened. Remove from the oven and set aside. Increase the oven temperature to 200C/ Fan 180C/ Gas 6.
2. Pour the wine into a medium saucepan and add the remaining sugar. Heat over a low flame for several minutes until the sugar has dissolved, stirring occasionally. Increase the heat and bring to the boil. Boil for about 1 minute. Reduce the heat and simmer for 35-40 mins or until syrupy and reduced by about two-thirds. Set aside.
3. Pat the duck dry with kitchen paper. Using a sharp knife, score the skin by making 4 or 5 diagonal cuts to the point where you can see the flesh. Season both sides with salt and pepper.
4. Place a large non-stick frying pan over a high heat. When hot, place the duck breasts in the pan, skin-side down and cook for 5-6 minutes without disturbing them. Drain off all the fat. Turn the duck and brown the other side for 30 seconds. Transfer to a small roasting tin, skin-side up and cook in the oven for 8-10 mins.
5. Meanwhile, make the sauce. Put the reduced wine and cherries with their sugary juices in a medium frying pan. Bring to the boil over a high heat, then reduce the heat and simmer for 5-10 mins, until reduced by about one-third.
6. To serve cut the duck into slices, about 5 mm thick, and arrange on a large serving platter. Spoon over the sauce and serve immediately.