

Duck Breast with Port & Cherry Sauce



Serves 2 **Prep 10 mins**

Cooking 25-30 mins

Easy

Ingredients

2 Gressingham duck breasts, each about 200-225g, skins on
2 small shallots, finely chopped
100 ml port
125g cherries, pitted
1 tbsp black cherry conserve or jam
150ml chicken stock
1/4 tsp cornflour mixed with a tbsp water

For the braised bok choy

a small knob of butter
4 medium heads of bok choy, each about 70g) halved lengthways

1. Season the duck breasts with salt and pepper and place, skin side down, in a dry frying pan. Place the pan over gentle heat for 8-10 mins until most of the fat has been rendered. Increase the heat slightly and fry until the skins are golden brown. Flip the breasts and cook the other side for another 3-4 mins until the meat feels slightly springy and the duck is cooked to medium rare. Remove to a warm plate and leave to rest.
2. Pour off most of the fat from the pan. Add the shallot and stir over medium-to-low heat for 4-5 mins until soft. Increase the heat and pour in the port to deglaze. Boil until the port has reduced right down and the pan is quite dry. Add the cherries, black cherry conserve and the chicken stock. Return to the boil and boil until reduced by more than half and the sauce is syrupy. If you prefer the sauce thicker, add the cornflour mixture and boil for a few minutes more.
3. When you are about ready to serve, put a glassful of water, the butter and some seasoning into a sauté pan over high heat. As soon as the butter has melted, add the bok choy and braise for 2 mins until just wilted, turning them over halfway. Drain on a plate lined with kitchen paper.
4. Divide the bok choy and duck breasts among warm serving plates and spoon over the port and cherry sauce. Serve immediately.