

Duck Provençal



Serves 4 Prep 14 mins Cooking 45 mins + 15 mins rest Easy

Ingredients

2 duck breasts, patted dry	½ small fennel bulb, sliced 5mm thick
2 tsp herbes de Provence	2 red Romano peppers, deseeded & sliced 5mm thick
Salt and black pepper	1 tsp tomato puree
90ml olive oil	180g ripe cherry tomatoes, halved
2 lemons: peel finely shaved to get 4 strips, 1/2 juiced to get 1 tbsp & the rest cut into wedges, to serve	60g pitted dry black olives, roughly torn
5g oregano sprigs	2 tbsp tarragon leaves, plus 1 tbsp extra to serve
2 bay leaves	5g chives, chopped, plus 1 tbsp extra to serve
½ small red onion, peeled & sliced 5mm thick	

1. Season the duck on both sides with a teaspoon of herbes de Provence, a quarter-teaspoon of salt and plenty of pepper, and set aside for 30 mins.
2. Put a large sauté pan on a medium heat with three tablespoons of oil, lemon peel, oregano, bay leaves and two-thirds of a tsp of salt. Fry gently for 8 mins, stirring often, until golden, then turn up the heat to medium-high, add the onion, fennel and peppers & cook gently, stirring often, for 20 mins, until softened (turn down the heat if the vegetables start colouring too much). Stir in the tomato puree, tomatoes, olives, the remaining lemon juice and herbes de Provence, and set aside.
3. Lay the duck breasts skin side down in a cold non-stick pan, put on a medium heat and, as the heat builds up, gently fry for 10-12 mins. Spoon off any fat as it renders (save it for roast potatoes) and press down on the breasts every now and then, so the skin crisps to an even, deep golden brown. Turn the heat to high, flip over the breasts and cook for two to three minutes on the flesh side, moving it as you go, so it all gets some colour. Transfer to a board, rest for 15 minutes, then cut into 1.5cm-thick slices.
4. Stir the tarragon & chives into the cooked vegetables, transfer to a large platter & drizzle over the remaining 3 tbsps of oil. Discard the duck's resting juices & gently mix the duck slices with the vegetables, making sure some of the meat is visible. Season with some salt & pepper, scatter over the remaining herbs & serve with the lemon wedges squeezed over the top.