

## Spiced Duck Breast with Plum Chutney



**Serves 4   Prep 20 mins + 1h chilling   Cooking 1h   Easy**

### Ingredients

6 star anise, blitzed to a powder or 2 tbsp ground star anise  
50g soft dark brown sugar  
flaked sea salt and black pepper  
4 duck breasts, skin scored 3mm deep on the diagonal in a crosshatch  
1 tbsp sunflower oil  
2 red onions, peeled and cut into 1 cm-wide wedges  
4 plums, cut into 1.5 - 2cm wedges  
1½ tbsp red wine vinegar  
1 tsp Dijon mustard  
10g punnet mustard or spinach leaves to serve

1. Mix two-thirds of the star anise in a small bowl with 15g sugar, a tsp of salt and lots of pepper. Rub all over the duck and refrigerate for at least an hour.
2. Heat the oil in a medium frying pan on a medium-high flame, then fry the onions for 10-12 mins, stirring, until caramelised and soft. Add the plums, remaining star anise and a tsp of salt and stir for a minute, then add the vinegar, mustard and remaining sugar. Turn the heat to medium-low and cook for 10 mins, until the fruit is soft and sauce thick. Take off the heat.
3. Heat the oven to 220C/ Fan 200/Gas 7. Lay the duck skin side down in a large oven-proof frying pan on a medium-high heat. Fry for 5 to 6 mins, until the skin is caramelised and crisp, then turn and fry for another minute (you won't need any oil, because of the fat in the duck). Transfer the pan to the hot oven (if the duck releases lots of fat, pour some off first) & roast for 5 mins (medium-rare); if you prefer duck a little more done, roast for a few minutes more. Leave to rest for 5 mins, then cut each breast widthways into 7 mm slices.
4. While the duck is roasting and resting, gently warm through the chutney, then add any of the juices released when the duck is sliced, to thin it a little. Divide the duck between 4 plates, spoon the chutney alongside & serve with cress sprinkled on top.