



UCOOK

Cherry Duck Breast

with smashed golden potatoes & long stem broccoli

Seared duck breast with a delicious cherry gastrique sauce, served with smashed baby potatoes and crunchy long stem broccoli. Finished off with toasted hazelnuts. Simply divine!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 Anthonij Rupert | Cape of Good Hope
Sneeuwkrans Pinot Noir

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed</i>
10g	Hazelnuts
100g	Long-stem Broccoli <i>rinsed & bases trimmed</i>
1	Garlic Clove <i>peeled & grated</i>
1	Lemon <i>½ zested & cut into wedges</i>
50ml	Gastrique Liquid <i>(30ml White Wine Vinegar & 20ml White Sugar)</i>
65ml	Red Wine
50g	Frozen Cherries
1	Free-range Duck Breast

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. GOLDEN 'TATOES Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water over a high heat. Once boiling, reduce the heat. Allow to simmer for 10-15 minutes until easily pierced with a fork but still firm. Drain on completion. Place the potatoes on a lightly greased roasting tray and spread out in a single layer. Using a fork or masher, gently press down on them, splitting the skin, but keeping them in one piece. Drizzle over some oil and season to taste. Roast in the hot oven for 15-20 minutes until crispy and golden.

2. TOASTY NUTS Place the hazelnuts in a pan over a medium heat. Toast for 5-6 minutes until golden. Remove from the pan and roughly chop.

3. BROCC Return the pan to a medium-high heat with a splash of water. When starting to bubble, simmer the broccoli for 3-4 minutes until cooked al dente. In the final minute, add the grated garlic and fry until fragrant (about 1 minute), shifting constantly. Toss with a drizzle of oil and some seasoning. Remove from the pan on completion. Season with salt, pepper, a squeeze of lemon juice, and some lemon zest. Cover to keep warm.

4. SAUCE Return the pan to a medium heat. Add in the gastrique liquid and leave to simmer for 2-3 minutes until reduced by half and sticky. Pour in the wine and 50ml of water. Mix until fully combined and leave to simmer for 6-10 minutes until reduced by ⅔ and reaches a syrup-like consistency. Mix in the cherries, remove from the heat and season to taste. Cover to keep warm.

5. CRISPY DUCK Pat the duck dry with paper towel. Place the duck breast in a cold pan skin-side down without oil (the duck breast will render in its own fat). Place over a medium heat and let the duck fat render while the pan heats up. Fry for 5-8 minutes until the skin is crispy. Turn up the heat to medium-high, and drain the excess duck fat. Flip the duck breast and cook for 2-4 minutes on the other side. (This time frame will yield a medium-rare result.) Remove from the pan on completion and allow to rest for 3 minutes before slicing.

6. YUM! Plate up the smashed potatoes and duck slices, and pour over the cherry gastrique sauce. Serve the crunchy long stem broccoli on the side and garnish with the toasted hazelnuts. Well done, Chef!



Chef's Tip

Be careful when you're reducing the gastrique, because there is sugar in it, it can burn easily!

Nutritional Information

Per 100g

Energy	376kJ
Energy	90Kcal
Protein	8g
Carbs	9g
of which sugars	3.4g
Fibre	1.2g
Fat	2.3g
of which saturated	0.5g
Sodium	327mg

Allergens

Allium, Sulphites, Tree Nuts, Alcohol

Cook
within 3
Days