



U C O O K

— COOKING MADE EASY

THE FOODBARN'S DUCK BREAST


with an organic gooseberry gastrique

Gooseberries and duck: a match made in taste bud heaven. Exquisitely crispy free-range duck breast paired with roast new potatoes and tangy, sweet gooseberry sauce. This classy dish always impresses.

Prep + Active Time: 15 minutes

Total Cooking Time: 35 minutes

 **Serves:** 1 person

 **Chef:** Franck Dangereux

 **Easy Peasy**

Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients

250g	Baby Potatoes <i>rinsed & halved</i>
2g	Fresh Rosemary <i>rinsed</i>
2	Garlic Cloves
1	Duck Breast
75g	Organic Gooseberries <i>rinsed</i>
85ml	Gastrique Liquid <i>(35ml white wine vinegar & 50ml white sugar)</i>
1	Chicken Stock Sachet
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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



CHEF'S TIP

Scoring means cutting slits on the surface of a piece of raw meat. This creates a greater surface area that's exposed to the heat, leading to crispier and more evenly cooked results!

1. ROAST TATERS

Preheat the oven to 200°C. Spread out the halved baby potatoes, rosemary sprigs, and whole, unpeeled garlic cloves on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and golden, shifting halfway.

2. SCORE THE SKIN

Pat the duck breast dry with some paper towel. Using a sharp knife, score the fat by cutting slits through the surface of its skin in a broad cross-hatch pattern, without going too deep and piercing the flesh. Season and set aside until frying.

3. GOOSEBERRY GASTRIQUE

Set aside about 3 rinsed gooseberries for the salad. Place a pan over a medium heat with a small drizzle of oil and a knob of butter. When the butter begins to foam, fry the remaining gooseberries for 2-3 minutes until softened, shifting occasionally. Reduce to a low heat and stir in the Gastrique Liquid. Allow the sauce to thicken for 2-4 minutes until reduced by half. Squeeze in half of the chicken stock sachet, stir through for a minute, and add black pepper to taste. Remove from the pan on completion. Cover to keep warm and set aside for serving.

4. PAN FRIED DUCK

Wipe down the pan and return it to a medium heat. When hot, place the duck breast in the pan skin-side down without oil (the duck breast will render its own fat). Fry for 5-8 minutes until the skin is crispy. Turn up the heat to medium-high, flip, 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.

5. FRESH ELEMENTS

Halve the fresh gooseberries. Toss the rinsed green leaves with the fresh gooseberry halves and a drizzle of olive oil. Season to taste.

6. YOUR FOODBARN DINNER IS SERVED

Plate up some golden roast potatoes and garlic nuggets. Top with the sliced duck breast and spread over some gooseberry gastrique. Serve with the fresh gooseberry salad on the side. Bon Appétit, Chef!

Nutritional Information

Per 100g

Energy (kJ)	422
Energy (kcal)	106
Protein	7
Carbs	11
of which sugars	7
Fibre	1
Fat	1
of which saturated	0
Salt	0

Cook within: 3 days

Allergens: Allium Sulphites



Loved the dish? Rate it online.



Quick Prep



Dairy-Free