

Duck With Passion Fruit & Orange Sauce

Ingredients

- 2 Duck Breast Fillets, Skin On
- 2 Passion Fruit
- 1 Tbsp Olive Oil
- 1 Garlic Clove, Chopped
- 2 Oranges, Juiced
- 1 Tbsp Light Muscovado Sugar
- 1 Tbsp Soy Sauce
- Rocket Salad, To Serve
- Wild Rice, To Serve



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Method

- Use a sharp knife to score the fatty skin on the duck breasts in a diamond pattern - this helps the fat to drain off. Set aside. Halve the passion fruit, scoop out the pulp into a small bowl and reserve.
- Heat the oil in a frying pan on a medium heat and cook the duck breasts, skin-side-down, for 5-6 mins until the skin is golden. Turn them over and cook for 6-7 mins more until tender. Take care - the fat can spit.
- Set aside the duck on two warm plates. Drain off all but 1 tbsp of duck fat and cook the garlic until it starts to turn golden - no more or it will burn and taste bitter. Stir in the passion fruit pulp, orange juice, sugar and soy sauce. Bring to the boil and let it bubble away until reduced by two-thirds, about 7-10 mins. Season, then pour in any of the juices from the duck.
- Pass the sauce through a sieve, then pick out a few of the little black pips and add them to the sauce for decoration and crunch. Spoon a little sauce around each duck breast and serve with the rocket salad and rice.

Rose & Pomegranate Jellies With Cardamom Panna Cotta

Ingredients

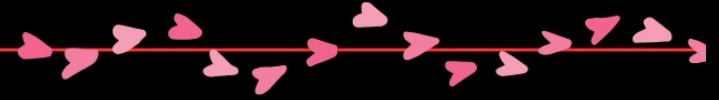
- 7 Gelatine Leaves
- 1 Tsp Lemon Juice
- 100g Caster Sugar
- 250ml Unsweetened Pomegranate Juice
- 1 Tsp Rosewater
- 1 Pomegranate, Seeds Only

For The Panna Cotta

- 300ml Double Cream
- 200ml Whole Milk
- 6 Cardamom Pods, Seeds Lightly Bashed
- 1 Vanilla Pod, Split
- 2½ Gelatine Leaves
- 75g Caster Sugar



Rose & Pomegranate Jellies With Cardamom Panna Cotta



Method

- First, make the jelly. Soak the gelatine in cold water for 10 mins. Bring the lemon juice and 300ml water to the boil over a medium heat. Stir in the sugar until dissolved, then remove from the heat. Squeeze the excess water from the gelatine, then stir it into the syrup to dissolve. Stir in the pomegranate juice and rosewater. Take off the heat and leave to cool.
- Meanwhile, divide the pomegranate seeds between six 200ml moulds. When the jelly is at room temperature, divide between the moulds. Chill for 2 hrs.
- While the jelly chills, make the panna cotta. Pour the cream and milk into a pan, add the cardamom and vanilla and warm over a low heat, stirring. Turn up the heat, bring to a simmer and cook until it has reduced by a third, 8-10 mins. (Don't let it boil.) Put the gelatine in a bowl, cover with water and leave to soak for 10 mins. Squeeze the water out, add the gelatine to the cream mix along with the sugar and stir to dissolve. Cool slightly, strain into a jug, pour over the jelly and chill for 6 hrs or overnight to set. Will keep chilled for a day. Serve cold.

Valentine's Cocktail

Ingredients

- 150ml Cranberry Juice
- 1 Tsp Grenadine
- 50ml Vodka
- Handful Of Ice
- 1 Lime Wedge
- 4 Raspberries
- Chilled Prosecco
or Sparkling Wine, To Top Up



Valentine's Cocktail



Method

- Mix the cranberry juice, grenadine and vodka together in a jug with a handful of ice. Or, do this in a cocktail shaker. Squeeze over the lime wedge and stir with a mixing spoon, or shake briefly if using a cocktail shaker.
- Strain the cocktail into two champagne glasses. Drop two raspberries into each glass, then top up with prosecco or sparkling wine to serve.