

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.