

Duck breast with spiced Denbigh Plum^Δ sauce



A sweet and spicy sauce makes a perfect accompaniment for crispy duck.

Serves 2 | **Prep** 10 minutes | **Cook** 30 minutes

Ingredients

2 duck breasts
Halén Môn Sea Salt^Δ and black pepper
1 tbsp rapeseed oil
2 shallots, peeled and finely chopped
250g Denbigh Plums, halved and stoned
50g dark muscovado sugar
50ml red wine vinegar
100ml black cherry liqueur
1 thumb size piece of root ginger, grated
1 star anise

Method

- 01** Preheat the oven to 180°C/Gas 4. Score the skins of the duck breast with a sharp knife and season with sea salt and pepper.
- 02** Heat a heavy based, oven-proof frying pan over a high heat and place the breasts skin side down. Cook for 5 minutes then turn and transfer to the oven for a further 7-8 minutes for pink, or 10-12 minutes for well done. Remove and leave in a warm place to rest.
- 03** In a medium size saucepan, fry the shallots in the oil until softened then add the plums and sugar and stir until dissolved.
- 04** Add the vinegar, ginger, liqueur and star anise and simmer for 15 minutes until reduced and the plums cooked through.
- 05** Slice the duck and serve with the sauce.

