

Duck with Sautéed Potatoes and a Balsamic Berry Jus

This is the main course for the 2015 Mother's Day meal I cooked my mother. It's easy and really tasty, Duck is one of my favourite meats I just don't seem to get to cook with it often. Again like the scallop dish for the starter there are no picture of the ingredients or the equipment for this one sadly. This recipe serves two people



Ingredients

- Olive Oil
- Butter
- 2 Duck Breasts
- Tesco Frozen Mixed Berries
- Balsamic Vinegar
- Chilli Flakes
- Potatoes
- Salt and Pepper

Also Needed

- Small Sauce Pan
- Chopping Board
- Wooden Spoon
- Frying
- Knife
- Oven Proof Dish
- Silver Foil





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Method:

1	Preheat the oven to 220°C, or 200°C if you have a fan oven	
2	Slash the fat of the duck, be careful not to cut the meat and season with salt and pepper.	
3	Place skin side down in a cold non stick pan on a medium heat without oil for 7 minutes or until golden brown. Pour off the fat regularly and seal the other side for 30 seconds.	
4	Once browned place them skin side up in a roasting tray in the middle of the oven. Rare - 10 minutes Medium - 15 minutes Well Done - 18 minutes	
5	Take the frozen berries, place them in a sauce pan with a sprinkle of the chilli flakes and the balsamic vinegar.	

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6	Cook the sauce until it has thickened slightly, or reached the consistency you require	
7	Take the duck out of the oven and cover with foil, leave to rest for around ten minutes.	
8	Place the cooked potatoes in the non-stick sauce pan you cooked the duck in and fry in the duck fat until they are golden and crisp.	