

DUCK BREAST WITH BLACKBERRIES AND BEETROOT

SERVES 4

PREP 5 MIN | COOK 25 MIN

Ingredients

- a pinch Chinese five-spice
- 2 duck breasts, skin on
- 2 raw beetroots, peeled and cut into 1cm cubes
- 3 sprigs thyme, plus extra leaves to serve
- 1 red onion, finely sliced
- 2 tbsp balsamic vinegar
- 200g blackberries
- 1 tbsp butter
- roast potatoes or mashed potatoes, to serve

Method

1. Mix the five-spice with some salt and pepper, and rub this into the duck breasts. Put the breasts, skin-side down, in a heavy ovenproof frying pan or skillet over a medium-high heat and fry for 8-10 minutes or until the skin is golden brown and a lot of the fat has rendered out. Flip over and fry for 2-3 minutes more to sear. Transfer to a plate.
2. Heat the oven to 200C/fan 180C. Drain most of the duck fat from the pan, leaving about 2 tbsp, and tip in the beetroot. Lower the heat to medium and cook with a splash of water for 10-15 minutes or until the beetroots are tender and the water has evaporated. Add the thyme sprigs and onion, and fry for another 8-10 minutes or until the onion has softened. Tip in 100ml water and the vinegar, and mix well. Nestle the duck breasts back into the pan along with the blackberries. Transfer to the oven and cook for 8 minutes (for rare) or up to 15 minutes (for well done).
3. Transfer the duck to a chopping board and rest for 5 minutes. Stir the butter into the pan and check for seasoning. Slice the duck, return it to the pan and scatter with the extra thyme leaves. Serve with roast potatoes or mash.



Recipe Credit: olivemagazine.com

