



Breast of Organic Duck with Spiced Maple Plums

A delicious recipe easy to prepare and cook perfect impress your friends

Serves: 4

Prepare: 20 Minutes

Cook: 45 Minutes

Difficulty: medium

Ingredients

- 4 [organic duck breasts](#)
- 20g grated root ginger
- 1/2 tsp organic dried chilli
- 1 tsp organic coriander
- 2 star anise
- 120ml maple syrup
- 90ml organic red wine
- 6 halved and stoned plums
- salt and pepper for seasoning

Method

1. Pre-heat the oven to 180°C fan, 200°C or gas mark 6
2. To a large baking tray, add the grated ginger, chilli flakes, coriander, star anise, maple syrup, red wine and plums, season well with salt and fresh ground black pepper and roast for 10 minutes
3. Turn over the plums and cook for a further 5 minutes, check to see if the plums still hold their shape, if left for too long they will collapse
4. Once the plums have cooked transfer the juices to a pan, leaving the plums in the baking tray to one side
5. Score the skin of the organic duck breasts and place skin side down in a large non-stick ovenproof frying pan over a low heat on the hob, cook for 15 minutes, draining off the fat halfway through (remember to keep this for making mega roast potatoes another day). Transfer the pan to the oven and cook for 15 minutes more until the Duck is cooked
6. Bring the pan of Plum sauce to the boil and reduce down by half until it turns into a syrup, pour over the plum halves and keep warm
7. Rest the Duck Breasts for 5 minutes wrapped in foil, allowing the meat juices to be reabsorbed
8. On a plate slice the organic duck breasts and serve with the plums, teamed with steamed spinach and a buttery mash potato