

Crispy Wild Duck Breast
Garlic & thyme fondant potato, buttered spinach & local carrots

Serves 2

2 duck breasts trimmed and scored
2 baking potatoes cut in an oval shape
1½ pints pints of good quality stock - chicken or lamb
2 cloves of garlic
4 sprigs of thyme
500g washed spinach
6 local carrots
1 knob of butter

Method

Place the duck breast skin side down in a cold dry pan.

Put the pan on a low heat for 4-6 minutes to render the fat down and crisp up the skin. Put to one side for later.

Seal the potatoes on both sides in the remaining hot duck fat, cook until coloured on both sides then place in the stock with the garlic and thyme and cook for 45-50 minutes. Remove from the pan and allow to cool for approximately 20 minutes. Reserve some juice for the plate.

Put the duck in the oven preheated to 180°C for 8-10 minutes rare, 10-12 minutes medium, 12-15 minutes well done.

Place the potato on the plate at 12 o' clock and the sliced duck around the potato. Quickly pan fry the spinach and carrots in butter for 2-3 minutes, just to wilt and colour. Add to the plate and ladle around some of the juice from the potatoes.