

Griddled duck breasts with plum sauce

Ingredients

- 6 duck breast
- black pepper

For the plum sauce:

- 25 g butter
- 2 tbsp onions, finely chopped
- 2 tbsp celery, finely chopped
- 2 tbsp carrots, finely chopped
- 3 clove garlic, finely chopped
- 2 tsp tomato purée
- 1 bay leaf
- 75 ml marsala
- 200 ml dry white wine
- 600 ml chicken stock
- black pepper
- 250 g plums, de-stoned
- 75 ml water
- 25 g brown sugar
- 1 tbsp demerara sugar

For the mustard mash:

- 900 g potatoes, peeled and chopped into even-sized chunks
- black pepper
- 25 g butter
- 60 g crème fraîche
- 2 tbsp grain mustard

For the glazed carrots:

- 250 baby g carrots, peeled
- 25 g butter
- juice of 1/2 lemons

- 1 tbsp demerara sugar
- 1 tbsp chopped parsley

Method

1. First make the plum sauce. Heat the butter in a large, deep frying pan. Fry the onion, celery, carrot and garlic for 5 minutes over a low heat.
2. Add the tomato puree, bay leaf and Marsala. Cook for 2-3 minutes. Stir in the white wine and stock. Season with salt and freshly ground pepper. Cook briskly stirring now and then until reduced by half; strain.
3. Meanwhile, place the plums (reserving 6 halves for garnish) in a small pan with the water and brown sugar. Bring to the boil and simmer gently for 5 minutes. Blend and strain. Mix the blended plums with the Marsala sauce. Gently heat through when the duck is close to being ready.
4. Boil the potatoes in salted water until cooked. Drain and return to the saucepan. Mash with 25g butter, crème fraiche, and grain mustard. Keep warm until serving.
5. Preheat a griddle until very hot. Score the duck breasts across the skin and season with salt and freshly ground pepper. Place the duck breasts skin-side down on the hot griddle and cook for 5 minutes until browned. Turn the duck over and cook for a further 5 minutes.
6. Meanwhile, in a small frying pan gently fry the reserved plum halves in 25g butter for 5 minutes, until lightly browned.
7. Place the baby carrots with 25g butter, lemon juice, demerara sugar and parsley in a small, heavy-based saucepan. Cover tightly and cook for 5-10 minutes until the carrots are tender and glazed.
8. Carve the duck and serve with the warm sauce, fried plum halves, baby carrots and mustard mash.