



Ingredients:-

2 Duck breast fillets

1 Pinch salt

1 Pinch cayenne pepper

1 Pinch freshly ground black pepper

125ml Chicken stock

2 Tablespoons honey

2 Tablespoons soy sauce

2 Tablespoons rice wine

1 Tablespoon grated fresh root ginger

1 Teaspoon tomato puree

1 Pinch chilli powder

1 Teaspoon lime juice

Method:-

Preheat oven to 200 C / Gas mark 6.

(1) Use a sharp knife to score across the duck breasts 4 times through the skin and fat but just barely to the meat. Rub the skin with salt, cayenne and black pepper.

(2) Preheat an ovenproof frying pan over medium-high heat. Lay the breasts in the pan skin-side down and fry until the skin is brown and crisp, about 5 minutes. Use a spoon to carefully discard any excess fat from the bottom of the pan. Turn the breasts over and cook for 1 minute.

(3) Place the pan into the preheated oven and roast until the internal temperature of the thickest part of the breasts reach 70 C for well done, or until the breasts reach desired level of cooking.

(4) Remove the duck breasts from the frying pan and cover with aluminium foil. Set aside to rest. Pour off excess fat from the frying pan. Place the stock, soy sauce, rice wine, ginger, tomato puree, chilli powder and lime juice in the frying pan. Whisk the sauce over high heat, bring to the boil and cook until the sauce thickens, about 2 minutes. Slice the duck breasts thinly, arrange on serving plates, and pour the sauce over the top.