

Roast duck with chicory marmalade

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BBC
RADIO



Ingredients

1 bulb chicory, cut diagonally into strips
1 tbsp sugar
1 tbsp sherry vinegar
4 tbsp orange juice
2 small stalks of thyme leaves only
2 small stalks of thyme, leaves attached
sprinkle of brown sugar
small knob of butter
2 small duck breasts

1 shallot, finely chopped
1 clove of garlic, sliced
1 tbsp chopped parsley
Squeeze of lemon juice
Salt and pepper
Drizzle of olive oil



Prep Time: 5 mins

Cooking Time: 25 mins

Serves: 2

Method

1. Pre-heat oven to 220 degrees.
2. In a heavy bottomed frying pan warm the sugar until it starts to caramelize. Before it catches add the chicory. Cook for a couple of minutes then add the sherry vinegar and reduce slightly.
3. Add the orange juice, thyme leaves and the sprinkle of brown sugar. Reduce until a sticky marmalade consistency. Probably about 8-10 mins.
4. Season the duck on both sides, press the thyme stalks into the duck meat. Starting skin side down cook for 3 – 4 mins in a frying pan. Turn over and then cook for a further 3 mins.
5. Add the butter. When that is foaming spoon it over the duck breasts. Then transfer to the oven for 4 mins. Finally remove from oven and rest.
6. Using the same frying pan, including the duck juices, gently sweat the shallots. Do not allow them to caramelize. Add the garlic and allow that to sweat with the shallots. When soft add the squeeze of lemon juice, the parsley and a small glug of olive oil.
7. Once the duck has rested slice it diagonally, about ¾ cm thick.
8. Spoon some of the marmalade onto a plate, place the sliced duck on top. Finally, on top of that spoon the shallot and parsley sauce.