



DUCK BREAST with PLUM JAM & WINE REDUCTION

Ingredients: (Serves 4)

- 4 Duck breasts
- 1/2 cup of wine
- 3 Dessertspoons of Berry Farm Plum Jam
- Knob of butter

Directions:

1. Warm oven to 200°C.

2. Panfry duck breasts skin side until brown. Turn over breast and place in oven for 10 minutes (depending on thickness of breasts, cook for longer if you prefer less pink) remove from oven and take breast out of pan to rest.

3. Drain off fat from pan and place on low heat, add wine and cook for 3 - 5 minutes to reduce, add plum jam stirring well, finish off with knob of butter and strain sauce if needed.
Pour over duck breasts and serve with Asian coleslaw or wok vegetables and rice.