

# Duck breast in prune sauce



Duck can be an acquired taste and a tricky dish to cook but the prune sauce compliments it beautifully and following the recipe will make the cooking so simple.

*Recipe contains FODMAPS but might be useful for people with constipation based IBS and no issues with FODMAPS*



## Ingredients

### Serves 2

- 2 Duck breasts
- 1 sprig of thyme
- 1 shallot
- 4tbsp marsalla wine
- 10 prunes
- Seasoning
- 10g butter
- 100ml stock (veg or chicken)
- 1tbsp olive oil

## Method

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Pre-heat oven to 180

In a food processor whizz up the prunes to a paste.

Fry the finely chopped shallot in the olive oil until softened.

Add the prune paste – then the marsalla. Bring to the boil to cook off the alcohol. Add the sprig of thyme and stock, season and simmer to reduce.

On a high heat fry the duck breasts (skin side down) in a dry frying pan for 4 minutes – turn and fry on the other side for a further minute.

Place half the butter on each duck breast and place in the oven (either in frying pan with ovenproof handle or transfer to a small baking dish) and cook for 7 minutes (medium) to 10 minutes (well).

Serve with a fondant potato and wilted greens.

