

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

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.

