



Duck Breast with Blackberry & Bay Sauce

Accompanied by a sweet blackberry sauce and dauphinoise potatoes, this delicious duck breast is a great intimate dinner idea

Serves: 2

Prepare: 15 Minutes

Cook: 45 Minutes

Difficulty: medium

Ingredients

For The Duck

- 2 x 260g [organic duck breasts](#) (skin pricked all over with a toothpick and then scored)
- salt
- 100g fresh blackberries
- 1 tablespoon of balsamic vinegar
- 150ml chicken bone broth or stock
- 2 tablespoons blackberry jelly preserve
- 8 bay fresh leaves

For The Potatoes

- 750g potatoes, peeled and cut into 2-3ml thick slices
- 250ml double cream
- 150ml whole milk
- 50g gruyère, grated
- 3-4 cloves garlic, sliced
- 8 fresh bay leaves, each folded in half – this helps release the flavour into the sauce
- salt and pepper
- teaspoon of fresh or preserved sliced truffles/ a drizzle of good quality truffle infused oil will suffice

Method

1. Preheat oven to 170°C
2. In a large sauce pan, warm the cream, milk, garlic and a little salt and pepper
3. When the garlic is tender, add the potatoes, cover with a lid and cook over a low medium heat for a further 10-12 mins. Take care not to let anything catch, give it a stir every now and then
4. Add the potatoes carefully to a baking dish, dotting the layers here and there with the truffle, or a drizzle of truffle oil.
5. When all the potatoes are flat, sprinkle with the Gruyère and bake for 40-50 mins until the potatoes are tender and the top of the gratin is golden and bubbling
6. For the the duck, pat the ducks breasts dry with kitchen paper and season with salt
7. In a cold non stick frying pan, lay the duck skin side down and heat slowly on a medium heat, for 15 minutes. You can remove some of the fat from the pan carefully with a spoon, it will help to crisp the skin (plus you can keep it for amazing roasties!)
8. When the skin is crisp and brown, flip the duck and cook for a further 8 minutes. The perfect internal temperature for duck is around 60°C - 65°C. See footnote
9. Remove from the pan and rest in foil
10. For the sauce, in the pan used to cook the duck, deglaze with the balsamic vinegar followed by the chicken stock
11. Add the blackberry jelly, bay leaves and bring to the boil, reducing by about a third
12. Add the blackberries, turn the heat down and cook until they soften, remove the bay leaves. It will be slightly syrupy

13. To serve, warm some plates and slice the duck breast, plate some sauce and add the sliced meat - it should be lovely and pink