

DUCK BREAST WITH ORANGE MARMALADE COULIS

The perfect main dish to warm you on an autumn or winter evening. Serve it with a fresh rocket salad and new potatoes, baked sweet potatoes or wild rice for a deliciously festive meal.

Prep time: 10 minutes
Start-to-finish time: 30 minutes
Advance prep: 24 hours, coulis only

Serves 2

Ingredients	Orange Coulis	Cranberry Sauce Coulis	Apricot Coulis
Duck breasts	2	2	2
Orange marmalade, thin cut	100 ml		
Cranberry sauce		100 ml	
Apricot jam			100 ml
Dry white wine	30 ml	30 ml	30 ml
Chilli pepper	1 pinch	1 pinch	1 pinch
salt + pepper	to taste	to taste	to taste

1. Pre-heat oven to 230°C.
2. Rinse and pat dry the duck breasts. Place them on a foil-lined baking sheet, skin side up. Season with salt and pepper. Roast the duck for 15 minutes at 230°C.
3. Whisk the marmalade, the wine and the pinch of chilli pepper in a bowl until combined (For the chunkier cranberry sauce or apricot jam, use a food processor and process on high, until the "coulis" mixture is smooth.)
4. Pour the mixture in a saucepan and set aside.
5. Remove the duck from the oven, turning the temperature down to 150°C.
6. Place the saucepan with the coulis on the stove and simmer until warm.
7. Spoon 1 T of coulis onto **each** duck breast and return to the oven to roast a further 10 minutes.
8. Remove the duck from the oven and use a baster or a gravy ladle to remove about 150 ml of the duck juices from the baking sheet. Add this to the coulis mixture.
9. Return the saucepan with the coulis to the stove and simmer.
10. Cut each duck breast into diagonal slices. Arrange the slices on each plate and spoon about 3 to 4 T of the coulis over the slices and serve.