



Duck (Or Chicken) Breasts With Orange And Lemon

serves 8

This is an elegant dish fit for a dinner party and perfect in springtime. You can happily substitute chicken for duck .

Ingredients

- 1 large onion
- 4 lemons
- 2 oranges
- 200ml (7 fl oz) chicken stock
- 8 duck (or chicken) breasts
- sauce*
 - 2 tbs granulated sugar
 - 120 ml (4 fl oz) white wine or cider vinegar
 - 120ml (4 fl oz) cream
 - salt and pepper
- garnish*
 - 2 oranges
 - 2 lemons

Method

Finely chop the onion, squeeze juice and stock and mix together in a bowl. Pour over the poultry breasts and leave to marinade for 2 hours. Remove the meat and pour the marinade into a saucepan. Simmer for 20 minutes

Caramelize the sugar to get a rich brown by putting the sugar in a small sauce pan over a moderate heat. When the sugar has dissolved and starts to colour remove from the heat and add the vinegar carefully. To do this take the caramel away from the heat and at arms length pour on the vinegar. Add the marinade, then purée in a blender. Return to the pan and add cream. Reheat and season.

Prepare the orange and lemon garnish. Pare half the zest and cut into fine julienne, then blanch and drain. Cut fruit into segments by slicing off the top and base. Stand the fruit on a board and using a small sharp knife slice away the skin, under the pith. Finally cut the fruit segments away from the membrane. Hold the fruit in one hand whilst wielding the knife in the other.

Grill duck (or chicken) breasts for about 10 minutes each side

Serve with hot sauce and garnish with fruit and julienne peel. Accompany with spring vegetables.

To get ahead

Make the sauce and garnish ahead of time. Part grill the poultry and place on a baking tray skin side up. Finish cooking when needed in a hot oven for 5-10 minutes.