



Honey Roasted Duck with Orange & Cranberry Sauce

Serves 4

INTERMEDIATE

Prep 10 mins

Cook 20 mins



Ingredients

- 4 x 175 g (6 oz) duck breasts
- 4 tbs honey
- 1 orange, sliced

Orange & Cranberry Sauce:

- 275 ml (9 fl oz) orange juice
- 1 tbs Onion Minced
- 1 tbs white wine vinegar
- 1 tbs brown sugar
- 50 g (2 oz) butter
- 1/4 tsp salt
- 1 tbs cornflour, mixed with a little cold water
- 1 tbs port (optional)
- 2 tbs cranberry sauce
- Mixed Peppercorns with Spice Mill
- Schwartz Sea Salt and Black Pepper to season

Method

STEP 1

Pre-heat the oven to 200°C, 400°F, Gas Mark 6.

STEP 2

Lightly score a criss cross pattern on the fat side of the duck breasts

with a knife, drizzle with honey and season well with Salt and Black Pepper.

STEP 3

Heat a non-stick pan and sear the duck skin side down. Reduce the heat and let the fat render for about 10 minutes.

STEP 4

Transfer to a roasting tin, layer a slice of orange on each breast and then roast in the oven for 10 minutes. Leave to rest for 10 minutes before serving.

STEP 5

Meanwhile, place all the sauce ingredients, except the cranberry sauce and Mixed Peppercorn with Spice, in a small pan. Bring to the boil, stirring, and simmer for 2-3 minutes until thickened. Stir in the cranberry sauce and grind in the Mixed Peppercorn with Spice to taste. Pour the sauce onto each serving plate and then place the duck on top of the sauce. Serve with baby roasted potatoes and green beans.

Cook's Notes

Try making your own Cranberry Sauce to add to this recipe. [Click here for a deliciously spiced recipe.](#)