

**INGREDIENTS:**

4 duck breasts

2 sprigs rosemary

250ml each red wine, port and  
chicken stock made with two  
capsules

30g diced butter

Sea salt

Freshly-ground black pepper

Generous pinch Chinese five-spice  
powder

**TIME:** 30 mins**SERVING:** 4 people

Heat the oven to 200C gas mark 6. Place a dry pan over a high heat, score the skin on the duck breasts diagonally through to the fat, season well and place skin side down in the pan. Add the rosemary and cook for three minutes, turn, cook for two minutes then transfer to the oven for a final three minutes. Remove the breasts to a warmed serving dish and cover. Pour away any excess fat (save it for roasting potatoes) and discard the rosemary then place the pan over a medium heat, add the five-spice powder and red wine and reduce by half. Add the port and reduce by half again and finally add the stock and reduce by half for a third time. Whisk in the butter until the sauce is thick and shiny, check the seasoning and pour over the duck breasts to serve.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**