

INGREDIENTS:

4 duck breasts

300g damsons

1 star anise

1 clove

1 pinch ground cinnamon

100ml water

1 tablespoon each soy sauce
and balsamic vinegar

2 teaspoons caster sugar

TIME: 1 Hour**SERVING:** 4 people

Stewart Holmes from Corvallis, United States, CC BY-SA 2.0 -<<https://creativecommons.org/licenses/by-sa/2.0/>>, via Wikimedia Commons

Place the damsons in a small pan with the water and spices and cook over a gentle heat until the fruit has collapsed. Remove the clove and the star anise and pass through a fine sieve. Heat the oven to 190C gas mark 5. Place a frying pan over a moderate heat, score the skin of the duck breasts three or four times and when the pan is hot place them in it skin side down. Cook without moving for three minutes, turn, and slip the pan into the oven for eight minutes then remove and allow to rest. Pour off any excess fat, add the strained sauce to the pan and incorporate the cooking juices then add the sugar, vinegar and soy sauce and cook gently for a few minutes until slightly thickened before serving.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: