

## Duck Breast with Blackberries

2 magret de canard (boneless duck breast halves)

Salt and freshly ground pepper

1 Large Orange – zested & juiced

1 shallot, peeled and finely diced

½ cup (125ml) ruby port

½ pint (275ml) blackberries

1. Remove duck from fridge 30 min prior to cooking; Score the breasts skin and fat in a cross hatch pattern;
2. Salt and pepper meat
3. Place a heavy frying over heat. When hot, add the breasts, skin side down, reduce the heat to medium and cover with fat screen. Cook for five minutes then pour off fat. Continue to cook the breasts, skin-side down for another five minutes.
4. Pour off any excess fat and turn the breasts. Cook for two to five minutes depending on the thickness of the breasts. Transfer to a plate and let rest loosely covered with aluminum foil for 5 minutes.
5. Leave 2 tbsp of fat in the pan and add shallots. Cook, stirring over medium heat until softened. Pour in the port and bring to a boil to deglaze the pan by scraping up the browned bits from the bottom. Add the orange juice, zest and blackberries. Simmer until slightly reduced and the berries are soft; taste and adjust seasoning.
6. Slice the breast and serve with sauce.