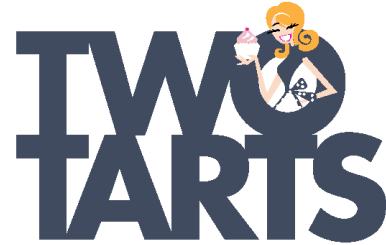


Duck Breasts with Sloe Gin

Serves 4

4	Duck Breasts
2 tbsp	Brown Sugar
4 tbsp	Sherry Vinegar
4 tbsp	Sloe Gin
4 tbsp	Juniper Berries



Serve Roast Potatoes or Dauphinoise Potatoes

- Make 3 or 4 deep slashes on the skin side of each breast, cutting into flesh but not through it. Place the breast in a china dish.
- Mix the brown sugar, with the sloe gin, sherry vinegar and a grinding of salt and black pepper.
- Mash the juniper berries to coarse, fragrant crumbs and add them to the sugar and vinegar mixture.
- Pour over the duck breasts, massaging the liquid into the skin and flesh.
- Cover with clingfilm and fridge of at least one hour.
- When the potato dish is ready, prepare to cook the Duck.
- Pat the breasts dry with kitchen paper, then place them skin-side down on a hot friddle pan. Keeping the heat moderately high, leave them to colour on the skin side, brushing them regularly with the marinade.
- Turn over and cook for a further four or five minutes till they are golden on the outside and pink in the middle. Test that they are done by placing a skewer in the middle—the juices should be red and not golden if you want a rose-pink centre for the duck.
- Rest the duck for four or five minutes before serving.