

DUCK BREAST

EQUIPMENT

ZIP LOCK BAG, SMALL SAUCEPAN, THERMOMETER, SMALL FRYPAN, CHEF'S KNIFE

INGREDIENTS

DUCK BREAST, SALT, OLIVE OIL

METHOD

REMOVE DUCK BREAST AND ENSURE YOU ARE STARTING AT ROOM TEMPERATURE

¾ FILL THE POT WITH WATER AND USING THE THERMOMETER ENSURE YOU HAVE THE TEMPERATURE AT 57 DEGREES

PRE HEAT YOUR OVEN ON STEAM SETTING 57 DEGREES

SEASON THE DUCK WITH SALT AND A SPLASH OF OLIVE OIL AND PLACE INTO THE BAG, SEAL AND REMOVE AS MUCH AIR AS POSSIBLE

PLACE THE BAG INTO THE POT OF WATER AND PLACE THE POT INTO THE OVEN

COOK AT 57 DEGREES STEAM MODE FOR 45 MINS

REMOVE FROM THE OVEN AND REMOVE THE BREAST FROM THE BAG AND PAT DRY WITH PAPER TOWEL

HEAT A SMALL FRYPAN AND PLACE THE BREAST IN SKIN SIDE DOWN, PAN FRY OVER MEDIUM/LOW HEAT UNTIL YOU BEGIN TO SEE THE FAT RENDERING

POUR OFF THIS FAT AND CONTINUE TO COOK POURING OFF THE EXCESS FAT AS YOU GO

TURN THE BREAST OVER TO ENSURE THE SKIN IS CRISP AND REMOVE FROM THE HEAT

SLICE THE BREAST AND SERVE WITH YOUR FAVOURITE GARNISH

HINTS & TIPS

- MAKE SURE YOU ARE STARTING WITH YOUR BREAST AT ROOM TEMPERATURE

- THIS METHOD OF COOKERY DEPENDS ON ACCURATE TEMPERATURES MAKE SURE THE WATER IS AT THE CORRECT TEMPERATURE BEFORE BEGINNING

- THIS METHOD CAN BE USED EVEN IF YOU ARE DOING MULTIPLE BREASTS, JUST USE A BIGGER POT BUT MAKE SURE IT FITS IN YOUR OVEN FIRST