



Duck à l'Orange

I love this easy version of the classic duck à l'orange. It's inspired by Pierre Koffman's recipe for wild duck in orange sauce in *Memories of Gascony* and is simpler than most because it doesn't require stock, just fresh orange juice.

Serves 4

INGREDIENTS

- 4 x 200g duck breast fillets, skin on (7oz)
- 3 large oranges
- Salt flakes and freshly ground white pepper, to taste
- ½ cup dry white vermouth (125ml)
- 1 tablespoon honey (20ml)
- 1 tablespoon Sherry vinegar (20ml)
- 40g cold butter, diced (1½oz)
- 1 tablespoon Cointreau (20ml)

METHOD

1. Remove duck from fridge 30–60 minutes before cooking.
2. Pat duck skin dry with paper towel then use a very sharp knife to cut fine diagonal score marks through the skin in a criss-cross pattern, without cutting into the meat.
3. Salt skin generously.
4. Place in a frying pan, skin side-down and set aside for 30–60 minutes to come to room temperature.
5. Preheat oven to 100°C (210°F).
6. Zest and juice 1 orange and segment the other 2; set aside.
7. Place pan containing duck over medium-high heat and cook for about 6 minutes, pouring off the fat as it melts, until skin is dark golden (reserve the fat for cooking potatoes if you like).
8. Turn duck over and cook for a further 5–8 minutes (depending on thickness), until internal temperature registers 55–60°C (130–140°F) on a probe thermometer for medium rare.
9. Remove duck to a plate, skin side up, and place in oven to keep warm.
10. Add vermouth to the pan and bring to the boil, stirring to remove any bits stuck to the pan.
11. When vermouth has reduced by half, add orange juice and zest, honey and vinegar and boil for a few minutes, until reduced by half.
12. Taste and add salt and pepper. Remove from heat, whisk in butter then stir in Cointreau and orange segments.
13. Slice breasts, arrange on plates and top with sauce.

