



## **Pan-fried Barbary Duck Breast with Red Currant Jus**

### **Ingredients:**

- 2 Duck Breasts
- 4oz Redcurrant Jelly
- 1 Glass of Port
- Rosemary
- Garlic Cloves

### **Method:**

- Cut into the duck skin and place rosemary & garlic underneath.
- Place duck breasts skin side down in a hot pan.
- Turn duck & put on a roasting tray.
- Place in an oven @ 170c for 15/20 minutes.
- Take out, allow to rest & slice.

### **Sauce:**

- Slowly melt Redcurrant Jelly.
- Add port.
- Allow to simmer, till all the jelly is melted.
- Do not boil.

## **Sweet Potato Champ**

### **Ingredients:**

- 4 Rooster Potatoes

- 4 Sweet Potatoes
- 4 Scallions
- 2oz Butter
- Cream

**Method:**

- Peel all Potatoes.
- Boil both potatoes together.
- Chop the scallions.
- Heat the scallions, cream, butter & seasoning together.
- Strain Potatoes once cooked and then mash.
- Add scallions to potatoes, mix & taste.
- Serve.

## **Honey Roast Vegetables**

**Ingredients:**

- 4oz Carrots
- 4oz Turnips
- 4oz Parsnips
- 2 Red Onions
- 4 teaspoons Honey
- Seasoning

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Peel all the vegetables.

Chop and dice vegetables into large pieces.

Place on a roasting tray.

Put honey and seasoning on the vegetables and toss.

Place in a pre-heated oven @ 170c for 25-30 minutes.

Serve.