



We wouldn't normally consider Duck as it's generally out of our budget of £4 a day. But at a 50% discount at the supermarket this was a tasty and very welcome treat.

Ingredients:-

2 Duck Breasts (A crown at £3 which Sue dissembled in our case)

1 ½ tsp Garam Masala

1 tsp Grated fresh Ginger

A Glug of Oyster Sauce

Oil to fry

Salt to season

1 tbsp Butter / Margarine

1 tsp Cumin seeds

100g Pilau Rice

800ml Chicken Stock 85g Frozen Peas

A bunch of Spring Onions, finely chopped

2 tbsp Chutney to serve.

Method:-

(1) Score the Duck skin and rub with Garam Masala, Ginger and Oyster Sauce.

(2) Chill for 30 minutes to allow the marinade to flavour the meat.

(3) Heat the oven to 200c.

(4) Gently fry the Duck breasts skin side down until the fat runs out.

(5) Transfer to a baking dish skin side up then leave to rest.

(6) Melt butter in a large pan. Add Cumin seeds and fry for 2 to 3 minutes.

- (7) Transfer the Duck breasts into the oven.
- (8) Stir in the Rice.
- (9) Pour over the Stock and simmer for 10 minutes.
- (10) Add Peas in the last 4 minutes.
- (11) When the liquid has absorbed folk through and add the Spring Onions.
- (12) Season to taste.
- (13) Slice the Duck breasts and serve on a bed of the Rice.

We served ours with home made [Green Tomato & Apple Chutney](#)we made in the autumn.