

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 Stock85g 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 Chutneywe made in the autumn.