

Duck with Jo Hilditch British Cassis and Ginger Sauce



Serves 4

4 Duck Breasts, skin on
10 tbsp soy sauce
2 tbsp honey
Grated fresh ginger (to taste)
2 medium onions
2 cloves of garlic
10tbsp Jo Hilditch British Cassis
1 pint vegetable or chicken stock

1. Marinate the duck in the soy sauce, honey and ginger for at least 6 hours.
2. Fry the duck, skin side down, until golden, place on a baking tray and cook for 15mins at 180c.
3. Fry the onion and garlic in a little oil with a little butter added until soft and lightly coloured.
4. Add the marinade and Cassis, allow to reduce by half and then add the stock.
5. Reduce again until you have a glossy sauce.
6. Spoon over the duck breasts and serve with new potatoes and green vegetables.