

## **PEPPERED DUCK BREAST WITH SPINACH, MUSHROOMS AND CREAM**

Duck breast is perfect for flash frying, they can be cooked just like any steak, and really do lend themselves to almost any recipe. Here we couldn't resist doing the classic pepper steak - duck that is!

SERVES 4

### INGREDIENTS:

4 Barbary duck breasts, approx. 175 g. each  
2- 3 Tablespoons black peppercorns, cracked  
salt  
60 ml. ( 2 fl. oz. ) cognac  
200 ml. ( 7 fl. oz. ) reduced beef stock, or meat gravy  
200 ml. ( 7 fl. oz. ) double or whipping cream

### To garnish:

100 g. ( 4 oz. ) fresh spinach  
2 Tablespoons unsalted butter  
100 g. ( 4 oz. ) button mushrooms  
1 Tablespoon vegetable oil

### METHOD:

To prepare the duck breasts, trim and lightly score the skin side with a sharp knife. Spread the cracked peppercorns on to the duck breasts, both sides, pressing down to encrust the breasts. Season the breasts with salt.

Place the duck breasts skin side down in a hot, dry fry pan. Let them cook over moderate heat for about 5 minutes, or until the skin is nicely golden. Pour off any excess fat, and turn the breasts over, and continue to cook for about another 3 minutes for medium done. Remove the duck breasts from the pan and keep in a warm place. Deglaze the pan with the cognac and the stock, or gravy, stirring up well to scrape up the meat juices from the bottom of the fry pan. Add the cream and simmer to reduce to the sauce consistency desired.

Season the spinach with salt and fry in half the butter. Fry the mushrooms in the remaining butter with the oil. Mix the two together. Taste for seasoning.

Spoon the spinach and mushroom mixture on to warmed plates. Slice the duck breasts, and arrange on top of the spinach. Surround with the sauce.