

Duck with blackberries and fresh cobnuts

Serves 1

Mother nature is so clever as she ensures that foods which match each other perfectly come into season together. Here we pair duck breast with blackberries and the fresh cobnuts for the ideal early Autumn supper. The quantities are not too precise as it will very much be to taste.

- **1 Duck breast, skin on**
 - **Small handful fresh blackberries**
 - **8-10 freshly shelled green cobnuts**
 - **Egg cup of red/white wine**
 - **100 ml chicken stock**
 - **Few sprigs of fresh rosemary (remove the woody stalks)**
 - **Salt and pepper**
 - **Green vegetable to serve**
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- 1. Remove your duck from the fridge about 30 minutes before cooking, to bring to room temperature.**
 - 2. Pat the duck breast dry with kitchen paper, particularly on the skin side where we need to remove as much moisture as possible.**
 - 3. With a sharp knife score the skin in a criss cross fashion to help with the crisping up process. Season with salt and pepper.**
 - 4. Place a heavy pan onto the hob but DO NOT TURN ON THE HEAT. Place the duck breast into the pan, skin side down.**
 - 5. Turn on the heat – medium high – and as the duck begins to cook the fat will start to render out.**
 - 6. Keep pressed down and on the heat until the skin side has turned crispy and a good golden brown colour (approximately 6-8 minutes)**
 - 7. Turn the duck over and cook for another 5-6 minutes depending on how rare/cooked you like the meat and the size of the breast. It should feel very slightly springy to the touch but not too soft. TIP: You can see from the side of the meat where the brown rises up, as to how cooked the duck will be.**
 - 8. Remove from the pan, cover with foil and leave to rest whilst you finish the sauce.**

- 9. Add to the pan your fresh cobnuts and allow to colour very slightly.**
- 10. Add the rosemary and blackberries.**
- 11. Add the wine and turn up the heat so this bubbles and removes the alcohol.**
- 12. Finish by adding the stock to the pan, bringing together all of the flavours and juices, simmering for a couple of minutes.**
- 13. To serve, slice the duck breast through on the diagonal (adding any juices back into the pan)**
- 14. Place onto a warmed plate and pour over the sauce, nuts and berries. Garnish with rosemary.**
- 15. A dark green vegetable such as sprouting broccoli or cavolo nero works very well with this dish.**