



# yorkshire wolds duck breast

oven fry/bbq



*cooking time from: 20 minutes*

## method

Remove your chicken out of the packaging, pat dry and bring to room temperature.

Pre heat a griddle or heavy based frying pan over low to medium heat.

Score the duck skin with a sharp knife being careful not cutting the flesh then Season the duck with sea salt just prior to cooking.

Place the breasts skin side down into the pan to crisp the skin for 8 to 10 before searing on the opposite side draining away any excess fat as it renders (keep this for amazing roast potatoes) then transfer to a pre heated oven 200°C / 180°C fan-assisted (gas 6) for 10 minutes reaching a core temperature of 54°C before resting.

Leave to rest in a warm place for 5 minutes before carving.

## serving suggestions

Serve with turnip gratin & a rich port sauce.

## for best results, fry this cut

Oven Temperatures	°C	°F	Gas Mark
Very Cool	140°C	275°F	1
Warm	160°C	325°F	3
Fairly Hot	190°C	375°F	5
Hot	220°C	425°F	7
Very Hot	240°C	475°F	9

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

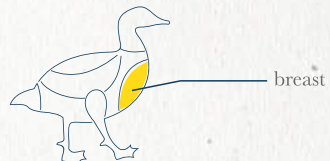


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