
Cumin duck with peas and roasted baby beetroots and shallots

Preparation time
less than 30 mins

Cooking time
30 mins to 1 hour

Serves
Serves 4

Ingredients

For the duck

4 tbsp ground cumin

4 duck breasts

75g/2½oz unsalted butter

For the roasted vegetables

1 bunch baby beetroots, boiled in their skins until tender

250g/9oz baby shallots, boiled in their skins until tender

4 tbsp olive oil

75g/2½oz unsalted butter

For the peas

50g/1¾oz unsalted butter

200g/7oz frozen peas

small handful of flatleaf parsley

100ml/3½fl oz double cream

200g/7oz peas in their pods

For the gravy

2 tbsp olive oil

1 shallot, chopped

1 garlic clove, chopped

Duck breasts can take strong flavours and the slightly citrusy flavour of cumin works wonderfully in this easy dish.

By James Martin
From Saturday Kitchen

5 tbsp Madeira

200ml/7fl oz beef stock

To serve

pea shoots

Method

1. For the duck, preheat the oven to 200C/180C Fan/Gas 6.
2. Sprinkle the ground cumin all over the duck breasts. Heat an ovenproof frying pan over a low heat. Add the duck skin-side down and cook slowly until the fat is melted and the skin is crisp. If a lot of fat comes off, drain the pan and add the butter. Turn the duck over and transfer to the oven for 6-8 minutes, depending on the size of the duck breast. Remove from the pan and allow to rest in a warm place, reserving the pan to make the gravy.
3. For the roasted vegetables, heat the oil in a medium frying pan. Peel the boiled shallots and cut the beetroots into quarters. Add the vegetables to the pan and fry for 2-3 minutes, then finish them in the oven for 2-3 minutes.
4. For the peas, add the butter to a large frying pan. Heat until melted, then add the frozen peas, parsley, 50ml/2fl oz water and double cream. Season to taste with salt and pepper. Warm through over a gentle heat and then transfer to a blender and pulse until you have a very smooth purée. Taste to check the seasoning and add more butter if desired.
5. Bring a saucepan of salted water to the boil and cook the pea pods for 1-2 minutes.

- 6.** For the gravy, place the pan used to cook the duck over a medium heat. Add the oil, shallots and garlic and cook for 1-2 minutes. Add the Madeira and cook until the volume of liquid has reduced by half. Add the stock and reduce again. Just before serving pass the gravy through a sieve.

- 7.** To serve, carve the rested duck breasts and place on serving plates. Dress with the roasted beetroots, shallots, peas in their pods, pea purée and gravy. Garnish with pea shoots.