

# DUCK TARTLETS WITH PLUM SAUCE

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## INGREDIENTS

- › 4 Duck Breasts
- › 1 Thyme Sprig
- › 1 Star Anise
- › 25g Butter
- › 1 Pack of Filo Pastry
- › 4 Spring Onions
- › 2-3 Plums  
[stoned and chop roughly]
- › 50ml Red Wine
- › 1 Shallot
- › 300ml Beef Stock
- › 2-3 Spoons of Demerara Sugar
- › 1 tbsp Olive Oil

## METHOD

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### FILO TARTS

- › Slice the filo into small and equal squares approximately 7cm by 7cm. Lightly oil a muffin pan to prevent the filo from sticking.
- › Place one filo square onto the worktop and brush with a small amount of olive oil (this will help the filo stick together) place the second piece of filo on top with the points facing the opposite direction to create a star like shape. Once both pieces are stuck together place in the muffin tin to create your tartlet case.
- › Place your tartlet cases in the oven heated to 180°C for 5-10 minutes until crispy and darker in colour, once baked remove from the oven and allow to cool.

### DUCK

- › In a hot dry pan, place your duck skin side down to render the fat, maintain a medium to high heat and keep checking to ensure it doesn't burn, once the fat has rendered turn the duck and add the thyme, star anise and butter. Allow the butter to melt basting with the duck juices.
- › Transfer to a small roasting tin skin side up and bake at 180°C for 10 - 12 minutes. Once cooked remove from the oven and leave to one side to rest.

### PLUM SAUCE

- › Fry the shallots in the oil until soft but not browned, about 5 minutes
- › Add the plums and sugar stirring until the sugar has dissolved
- › Add the Red wine and stock then simmer for about 20 minutes until the sauce has reduced and thickened and the plums are soft.
- › Thinly sliced the rested duck and add to the sauce and cook for another 5 minutes to allow the duck to warm through.
- › Place into the cooked filo cases and garnish with thyme leaves and finely chopped spring onions.