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by ewfood

Pomegranate & Walnut Duck

Ingredients

4 duck breasts (225g each)
4 cups/1 litre duck or chicken stock
2 onions - sliced very thin
3½ cups/400g ground chopped walnuts
6 pomegranates
4 tbsp olive oil
2 tbsp caster sugar (superfine)
4 tbsp lemon juice
½ tsp ground turmeric
Black pepper – ground
Salt
Servings
4
Person

Preparation

1. In a pan, heat some oil. Then add the onions and turmeric, and cook until soft. After that, transfer mix into a saucepan and add the walnuts, stock and the rest of the seasoning. Stir and bring to a boil, and allow it to simmer uncovered - for around 25 minutes.
2. Cut the pomegranates in half and scoop out the seeds. Keep aside one handful of the seeds of one pomegranate. Put the remaining seeds to a mixer or food processor and start blending the ingredients together. To extract the pomegranate juice, strain through a sieve. Then stir in the lemon juice and sugar to the pomegranate juice.
3. Score the skin of the duck breasts in lattice fashion with a knife. Heat the remaining oil in a pan and place the duck breasts in it - skin side down.
4. Allow the duck breasts took cook lightly for 10 minutes or until the skin is dark golden and crisp. You can pour out the fat when needed. Flip the duck breasts over and let it cook for a further 3-4 minutes. Thereafter, transfer the pieces to a plate and let it rest for a bit.
5. Once done, deglaze the pan with the pomegranates juice mixture by adding stock mixture and the walnuts, and allow it to cook on a low heat for about 15 minutes, or until the sauce gets thicker.
6. Serve the duck breasts sliced, drizzle it with a little sauce, sprinkle the rest of the pomegranate seeds on top to garnish. You can save some of the remaining sauce to serve along with the dish.

Cooks Note

Serves 4