Grissini Duck With Glazed Peaches

Ingredients:

300gr Veal stock
75 gr Butter
50 gr Sliced shallot
20 gr Honey
2 gr Five-spice powder
50 gr Sherry wine vinegar
200 gr Ruby port
100 gr Madeira wine
2 Large yellow peaches, un-skinned and halved with the stones removed
5 gr Icing sugar
150 gr Grissini duck breasts per person
150 gr Brussels sprout lease
Sea salt
Fresh ground black pepper

Preparation:

1. Heat one third of the butter in a saucepan and sauté the shallots with little colour and add the honey and about half the five spice powder until softened and caramelized, about 3 minutes.
2. Add the vinegar and cook until evaporated by 75 %.
3. Pour in the port and Madeira and boil until the liquid is syrupy and has reduced by 2/3.
4. Add the stock and boil for about 15 minutes or until reduced by half, then strain through a fine sieve, rubbing gently with the back of a ladle.
5. Season this sauce and set aside.
6. To glaze the peaches, sprinkle with the remainder of the five spice powder and the sugar and verveine.
7. Heat another third of the butter in a non stick frying pan and gently sauté the peaches, colouring them all over.
8. Take care not to overcook them.
9. Set aside and reserve the pan juices in a warm place.
10. Preheat oven to 200 degrees C.

1. Score the fatty skin of the duck breasts; this ensures that the skin will become crispy when cooked.
2. Without using any oil, heat a non stick frying pan until quite hot.
3. Add the duck breasts, skin side down and cook for about 3 minutes, colouring all over.
4. Cover the breasts with butter paper or buttered greaseproof paper and cook in the oven for about 4 to 5 minutes, turning once or twice and add 1 spoon of butter.
5. Remove and allow resting for 3 minutes before slicing each breast into 4 slices.
6. While the duck is resting, cook the Brussels sprout with 1 teaspoon of butter and 1 tablespoon of water for about 1 minute, or until wilted. Salt and pepper.
7. Place the Brussels sprout and peaches in a plate and add the duck slices filet.
8. Cut each peach half in four and arrange on and around the duck.
9. Return the sauce to the boil, check the seasoning and spoon it over and around the meat.
10. Add the salt flower and few drop of olive oil.