

## Peppered Duck Breast With Roasted Beetroot, Tea Soaked Prunes And Mograbieh



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Ray Mcvinnie

- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
The Chefs and the Tea Maker - 2014

### Used Teas



Vivid Ceylon Tea  
with Apple Pie &  
Vanilla

### Ingredients

**Peppered Duck Breast With Roasted Beetroot, Tea Soaked Prunes And Mograbieh**



- 18 pitted prunes
- 300ml hot Dilmah Vivid Apple, Cinnamon and Vanilla Tea
- 3 beetroot
- 6 single duck breasts, (about 200g each) skin cut through to the flesh in a criss-cross pattern
- 3 tsp cracked black pepper by Ceylon Spice Company
- 1 tbsp olive oil
- 150ml red wine
- 250ml concentrated beef jus
- 1 cup Mograbieh couscous, boiled until al dente in well salted water, drained and ready when duck is ready
- 1 spring onion, thinly sliced

## Methods and Directions

### Peppered Duck Breast With Roasted Beetroot, Tea Soaked Prunes And Mograbieh

- Put the prunes and tea into a bowl, cover and reserve for 12 hours.
- Preheat the oven to 200°C.
- Place the unpeeled beetroot in a small ovenproof dish.
- Cover and place in the oven for 1 hour or until very tender.
- Remove from the oven, cool, peel and cut into thin wedges, reserve.
- Put the duck, pepper and oil into a bowl and toss well.
- Heat a large frying pan over moderate heat and gently fry the duck breasts, 8 minutes on the skin side and 4 minutes on the flesh side.
- Remove from the pan and rest in a warm place for 10 minutes.
- Meanwhile pour the fat from the pan, and add the wine, let it bubble for 20 seconds then add the beetroot, prunes and the tea and beef jus.
- Boil until the mixture is slightly syrupy, taste and season.
- Slice the duck breasts across the grain of the meat.
- Place the Mograbieh and duck on the plates and put the beetroot, prunes and sauce round it.