BASCO
GOURMET SPAIN TO YOUR DOOR

Duck Breast with Mango, Salted Corn and Lime



PREP TIME
5 MINS

COOK TIME
10 MINS

TOTAL TIME
15 MINS

SERVES 2 PEOPLE

EASY

Ingredients

1 duck breast, trimmed and all sinew removed
½ small mango, peeled and cut into two square pieces
4 tbsp of sugar
2 tbsp of salted corn kernels, crushed into powder
Zest of half a lime
Sea salt
Olive oil for cooking

Method

Lightly score the skin of the duck breast, then season well. Place a non-stick pan over a medium heat and then lay the duck in the pan, skin-side down. Cook for about 5 minutes on each side. You might need to turn it on its side, if the piece is too thick. The duck breast should be served medium to medium rare.

Whilst the duck is cooking, you can start caramelising the mango pieces in the sugar. In a medium sized frying pan, melt the sugar on a medium heat. Once the sugar has dissolved and it begins to turn into a light caramel colour, turn the heat down and add the two mango pieces. Fry on both sides for about 3 minutes.

Once the duck breast is cooked, allow the piece to rest for 2 minutes on a wooden board before slicing.

To serve the dish, spoon some crushed salted corn kernels in the centre of the plate and spoon beside this the caramelised mango pieces. Slice the duck breast into thick slices and place them on top of the corn. Season the duck slices with sea salt flakes, sprinkle the dish with the lime zest and serve.

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