

# Gill's Gourmet Gallery

## Duck breast with chestnut

### Ingredients: Serves 4

4 duck breasts  
1 teaspoon salt  
100 gm boiled chestnuts  
4 large roasting potatoes  
2 large parsnips  
Vegetable oil

### Method:

Heat the oven to 120C.

Place the duck breasts in a casserole dish and cover them with salted cold water. Place the lid on the dish and slow cook in the oven for 3 hours. Remove from the oven.

Turn the oven to 180C.

Peel and slice the potatoes and cook them in salted water for 15 minutes adding the sliced parsnips after 5 minutes. Drain and toss the vegetables in an oiled roasting dish.

Season.

Place the duck breast on top of the vegetables and roast for 20 minutes to crisp the duck skin and vegetables. Add the cooked chestnuts for the last 5 minutes.

Slice the duck and serve on top of the vegetables.

Delicious with redcurrant jelly!

