

# Duck Breast



one 1/2 kg (1 lb) duck breast with skin  
1-2 sprigs of fresh rosemary  
2 large garlic cloves, crushed  
Marinade:  
Juice of 1/2 lemon or of 1 orange  
3 tablespoon balsamic vinegar  
2 tablespoon red wine  
1 tablespoon raw honey  
3 tablespoon extra virgin olive oil