

## Seared Duck Breast with Cherry Sauce



**The key to duck:** dissect the duck, so that you can cook the breasts separate from the thigh/legs, then you can make great duck stock & stew from the carcass.

Here's a great recipe for the duck breast.

### **Balsamic Cherry Reduction:**

2 teaspoons (tsp) olive oil  
2 tsp minced shallots or mild onion  
1/2 tsp minced garlic  
1/2 cup dried cherries  
1/2 cup balsamic vinegar  
1 1/2 cups rich duck or chicken stock  
2 tsp chopped fresh sage leaves  
1 Tablespoon cold butter  
Salt & black pepper

Set a 1-quart saucepan over medium-high heat and add olive oil. Once oil is hot, add shallots, garlic and cherries. Cook until garlic is fragrant and shallots begin to caramelize, about 1 minute. Deglaze pan with the vinegar, and when vinegar is almost completely reduced, about 3 minutes, add stock and chopped sage. Bring sauce to a boil, reduce heat to a simmer, and cook for 15 minutes. Once sauce is cooked, swirl cold butter into sauce and season with salt and pepper to taste.

### **Duck Breast:**

2 duck breast halves, 12-16 ounces each  
1 1/2 tsp kosher salt  
1 tsp freshly cracked black pepper

Preheat oven to 400°F. Score breasts on fatty side using a sharp knife, cutting 1/8" into skin in cross hatch pattern. Heat 12" saute pan over medium-low heat. Season breast on both sides with salt & pepper and place, skin side down, in hot skillet. Cook the breast until the skin is crispy and most of the fat has rendered, about 10-12 minutes. Pour off the fat from the pan (is wonderful for cooking fingerling potatoes or green beans). Turn the breast over, and place in hot oven for 10 minutes. Remove from oven, allow to rest for 3 minutes, and slice each breast into 12 slices. Serve while hot with Balsamic Cherry Reduction.

Recipe courtesy of foodnetwork.com, Emeril Lagasse

Also pictured above: Baby Potatoes roasted in reserved duck fat & cucumber refrigerator pickles



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