

Seared Duck Breast with Red Wine Cherry Sauce

Pair with Harmony Cellars Cabernet Sauvignon

Serves 2

Seared duck breast is one my favorite meals, and it's really not difficult to prepare if you follow a few key steps. Serve the duck with wild rice and roasted carrots. – *Chuck Mulligan*

What You'll Need

1 tablespoon canola oil

1 tablespoon butter

½ cup finely chopped shallots

1 cup low sodium chicken broth

½ cup pitted frozen sweet cherries (thawed)

¼ cup red wine

2 tablespoons honey

2 tablespoons currant jelly (blackberry or raspberry jelly works, also)

(1) 12-16 oz. duck breast or (2) smaller duck breasts

salt & pepper

Heat oven to 325°.

Cut through just the skin of the duck breast(s) at a 45° angle both ways...be sure not to cut into the meat! If you don't have a sharp knife, use a razor blade. **You're scoring the skin in a diamond pattern. The key to crispy skin is slicing through the skin and fat (but not meat) which allows the fat to drain away while you're searing it skin side down.

Heat a cast iron pan on high then rub pan with a small amount of oil. Season breast(s) with salt and pepper then place breast(s) skin side down on the pan. Lower the heat to medium and sear breast(s) on one side until nicely browned—about 5-8 minutes. Flip breast(s) (meat side down) and brown for another 5 minutes. Remove fat, as it renders, to a heat proof container.

Remove breast(s) from pan and place in a roasting pan with rack. Roast in oven at 325° until desired doneness—just a few minutes for medium rare (my preference). Remove from oven and let meat rest for 10 minutes.

Meanwhile, put 1 tablespoon of duck fat back in the cast iron pan and heat to medium. Add shallots and stir until softened. Add broth, cherries, wine, honey and jelly and stir to get all the browned goodness off the pan. Heat on high to reduce until sauce coats the back of a spoon—approximately 8 minutes. Add 1 tablespoon butter to sauce and stir. Add salt and pepper to taste.

*Save the duck fat in the freezer and use it to sauté potatoes.....it's out of this world!

Slice duck across the grain and pour sauce over each piece.