

Duck Breast with Black Currant & Blueberry Sauce

Ingredients

Serves 2

1 boneless whole magret duck breast, about 1 lb.
2 Tbsp olive oil
2 Tbsp chopped sundried tomatoes
1 Tbsp thyme, chopped
1 Tbsp rosemary, chopped
2 Tbsp balsamic vinegar
1 tsp salt
1 clove garlic, minced

For the sauce

1/2 cup black currant and blueberry preserves
1 cup pre-bought demi-glace
1/2 tsp Dijon mustard

1. Using a sharp knife, cut several diagonal slashes in the skin of the duck breast. Do not cut through to the meat.
2. Place the breast in a non-reactive dish with a lid.
3. Add the olive oil, sundried tomatoes, thyme, rosemary, balsamic vinegar, garlic, and salt to the breast. Mix well and coat the duck breast evenly with the marinade.
4. Cover and refrigerate for at least 2 hours, or overnight.
5. Remove the duck breast from the refrigerator 30 minutes before cooking.
6. Meanwhile, make the sauce in a saucepan over medium-low heat by combining the preserves with demi-glace and Dijon mustard. Slowly simmer it until thickened, for about 30 minutes. Remove from the heat.
7. Heat up a skillet until it's smoking hot. Place the duck breast on the skillet, skin side down.
8. Lower the heat to medium. Cook until the skin is crisp, about 10 minutes.
9. Turn over the breast and cook for another 8 minutes. Adjust the time depending on the size of the breast.
10. To test, the temperature of the meat should register at 150°F for medium.
11. Transfer the breast to a cutting board and cover loosely with aluminum foil for 5 minutes.
12. Reheat the berry sauce over low heat.
13. Carve the duck breast at a slight angle across the grain into thin slices.
14. Arrange on a warmed platter and pour a little berry sauce on top.
15. Serving suggestion: serve with a warm lentil salad and some crusty bread.