

Roast Duck Breast

with Blackberry Sauce

When selecting the duck, always ask your butcher for the least fatty duck possible. If after cooking, you still feel the skin is too fatty, remove it and serve skinless. The duck still looks beautiful served with the Blackberry Sauce. Leftovers work very well in a salad with my Mandarin Sesame Vinaigrette.

- 4 boneless duck breasts halves
- 1/4 cup water
- 1/4 cup cassis or Chambord
- 1/4 cup raspberry vinegar
- 2 tbsp. brandy
- 2 cups chicken stock, reduced to 1 cup
- 2 tbsp. butter
- 1 tbsp. fresh lemon juice
- salt and fresh cracked pepper
- fresh blackberries for garnish

Preheat oven to 400 degrees.

Season duck with salt and pepper and place in a roasting pan with water. Bake for 40-45 minutes.

While duck is baking, prepare the sauce.

Place cassis, vinegar, and brandy in a saucepan over high heat and reduce until syrupy.

Add stock and reduce to desired consistency.

Reduce heat to low, and whisk in the butter, a little at a time.

Season with salt, pepper, and lemon juice.

Remove duck breasts and allow to cool for 5 minutes.

Transfer to a serving platter, garnish with blackberries, and accompany with the Blackberry Sauce.

serves: 4

Chef Richard's Upscale Presentation →

Pour some warm blackberry sauce onto a dinner plate at the six o'clock position. Slice the duck breast on an angle and fan on top of the sauce. Garnish with fresh blackberries and radish sprouts. In addition to being attractive, the slight bitterness of radish sprouts creates a nice contrast to the sweetness of the sauce.

