

Duck Breast w/ Port & Fig



A fabulous way to serve duck instead of the traditional sweet cherry or orange glaze

Serves 4

Olive oil	salt and pepper	1/2c Port
2 large duck breasts, boned, about 1 1/2 pounds each	3T butter 2 shallots, finely minced	1/4c fig preserves (not fig jam) 1t thyme, chopped

Preheat oven to 400 degrees. Score the skin of the duck breast with a knife in 2 directions, crossing over each other. Season both sides of each duck breast with salt and pepper.

In a large nonstick skillet, over medium-high heat, place duck breasts skin side down. Sear until skin is golden brown about 10 minutes, turn and sear the other side for just 3 minutes.

Place seared duck breasts in a baking dish skin side up and bake for 12 minutes. Remove the duck breasts from the oven and allow them to rest for 5 minutes.

Pour off excess fat from skillet, and place back on stovetop over medium heat. Add 1T butter to skillet and melt over medium heat. Add shallot and sauté until translucent, about 2 minutes. Add Port and figs. Increase heat and boil until liquid is reduced to glaze, scraping up any browned bits, about 4 minutes.

Remove from heat and whisk in remaining 2 tablespoons butter, 1 tablespoon at a time. Season with salt and pepper. Thinly slice duck on diagonal and arrange on plates. Spoon sauce over duck and sprinkle with fresh thyme.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com