

Duck Breast with Blackberry Sauce

TOTAL TIME: 45 minutes

2 duck breasts	1/4 C chicken or beef broth
Salt and pepper to taste	1/4 C brewed blackberry tea
1 T olive oil	1 T balsamic vinegar
1 shallot, finely chopped	1 T honey
1 C fresh blackberries	1 t fresh thyme leaves
1/4 C red wine	

PREPARE THE DUCK BREASTS:

Score the skin of the duck breasts in a crisscross pattern, being careful not to cut into the meat. Season both sides with salt and pepper.

COOK THE DUCK BREASTS:

Heat a skillet over medium-high heat and add the olive oil. Place the duck breasts skin-side down in the skillet and cook for about 6-8 minutes, or until the skin is crispy and golden brown. Flip the duck breasts and cook for another 4-5 minutes for medium-rare, or longer if you prefer them more well-done. Remove the duck breasts from the skillet and let them rest while you prepare the sauce.

MAKE THE BLACKBERRY SAUCE:

In the same skillet, add the shallot and cook until softened. Add the blackberries, red wine, broth, brewed blackberry tea, balsamic vinegar, honey, and thyme. Bring to a simmer and cook until the blackberries break down and the sauce thickens, about 10 minutes. Use a spoon to mash some of the blackberries for a smoother sauce, if desired. Season with salt and pepper to taste.

SERVE:

Slice the duck breasts and arrange them on plates. Spoon the blackberry sauce over the duck and serve immediately.