

## **Duck Breast with Tart Cherries and Red Wine Reduction Sauce**

**Alliance Française DuPage Cooking Demonstration**

**Saturday, February 12, 2022 at 11:00 am**

**Presented by Chef Chris Thielman & Karen Thielman**

**Servings: 2 servings**

**Special equipment: sharp knife, heavy medium-sized sauté pan, aluminum foil**

### **Duck breast**

#### **Ingredients:**

2 each 5- to 6-ounce duck breast halves

1 Tablespoon (15 grams) unsalted European-style butter

Salt and pepper to taste

### **Red wine reduction sauce with tart cherries**

#### **Ingredients:**

1/4 cup (25 grams) finely minced shallot (about 1 large)

1/2 cup (120 grams) chicken broth

2 ounces (60 grams) dry red wine (example - Cabernet Sauvignon)

2 heaping Tablespoons (40 grams) red currant jelly

1 Tablespoon (25 grams) honey

10 pitted red tart cherries, fresh or frozen

1 Tablespoon (15 grams) unsalted European-style butter

Salt and pepper to taste

### **Method for duck preparation:**

Using a sharp knife, score the duck skin in a 3/4-inch diamond pattern (do not cut into the flesh).

Melt 1 Tablespoon butter in a heavy medium-size sauté pan over very low heat.

Lightly salt and pepper the duck breast halves. Place the duck breast halves, skin side down, in the pan and cook until skin is browned and crisp, about 15 minutes. This will produce a very crispy skin, so if you want a less crispy skin, cook a few minutes less.

Turn duck breasts over so the meat side is now down and cook until desired doneness. This should take about 3 minutes for small duck breast halves and 4-5 minutes for large duck breast halves for rosy medium-rare.

Transfer to a separate plate with the skin side up. This will keep the skin crispy as the duck rests.

Tent with foil to keep warm and let rest 10 minutes. As the duck breast is resting, prepare the sauce.

### **Method for Red wine reduction Sauce with Tart Cherries:**

Pour off all but 2 Tablespoons drippings from the sauté pan.

Add finely minced shallot to the skillet and stir, cooking over medium heat 2 minutes or until the shallot is well cooked.

Add the chicken broth, red wine, red currant jelly, and honey. Increase the heat to high and boil, stirring often. Add the cherries a few minutes after the sauce begins to reduce. Continue to reduce the sauce to a syrup consistency, about 3-5 minutes.

Turn the heat off and whisk in 1 Tablespoon butter. Season sauce to taste with salt and pepper.

Presentation:

Spoon the sauce onto the plate in a crescent shape. Cut the duck breast in slices and arrange in a fan pattern over the sauce. Spoon a few of the cherries on the top of the sliced duck breast.

Suggested wine pairing: Although this dish uses a dry red wine (example - Cabernet Sauvignon) for the sauce, we would recommend a French Red Burgundy (Pinot Noir) to pair with the meal.