



Duck Breast with Sweet Cherry Sauce



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 tablespoons apple cider vinegar
- ☐ 0.5 teaspoon dijon mustard
- ☐ 3 cups cherries dark sweet pitted quartered
- ☐ 0.3 cup wine dry red
- ☐ 1.5 lb duck breast meat – skin left on boneless with skin*
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 3 garlic clove crushed

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion chopped (1 small)
- ☐ 1 plum tomatoes coarsely chopped
- ☐ 0.5 cup bell pepper red coarsely chopped ()
- ☐ 0.3 teaspoon pepper dried red hot
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon tomato paste
- ☐ 2 tablespoons water

Equipment

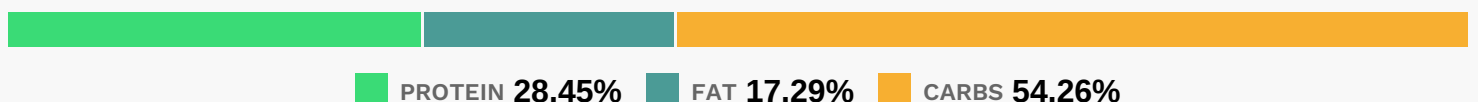
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Heat oil in a 2- to 3-quart heavy saucepan over moderate heat until hot but not smoking, then cook onion, garlic, and shallot, stirring occasionally, until golden, about 7 minutes.
- ☐ Add tomato paste, black pepper, cumin, hot pepper flakes, and 1/4 teaspoon salt and cook, stirring, 30 seconds.

- ☐ Add bell pepper and tomato and cook, stirring occasionally, until softened, about 5 minutes.
- ☐ Stir in wine, vinegar (to taste), and sugar and simmer 1 minute. Stir in mustard, 1 1/2 cups cherries, and remaining 1/2 teaspoon salt and simmer 1 minute.
- ☐ Purée mixture in a blender until very smooth, about 1 minute (use caution when blending hot liquids). Force cherry sauce through a fine-mesh sieve into a bowl and transfer 1/4 cup sauce to a small bowl for glazing duck.
- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ Score duck skin in a crosshatch pattern with a small sharp knife and season duck all over with salt and pepper.
- ☐ Heat water in an ovenproof 12-inch heavy skillet over low heat until hot, then add duck, skin side down. Cook duck, uncovered, over low heat, without turning, until most of fat is rendered and skin is golden brown, about 25 minutes.
- ☐ Transfer duck to a plate and discard all but 1 tablespoon fat from skillet.
- ☐ Brush duck all over with cherry sauce from bowl and return to skillet, skin side up.
- ☐ Roast duck in oven until thermometer registers 135°F (see cooks' note, below), about 8 minutes for medium-rare.
- ☐ Transfer duck to a cutting board and set skillet aside.
- ☐ Let duck stand, loosely covered with foil, 10 minutes.
- ☐ Immediately after covering duck, carefully pour off any fat from skillet, leaving any brown bits, and add remaining cherry sauce, stirring and scraping up any brown bits.
- ☐ Add remaining 1 1/2 cups cherries. (Cherries will lose flavor if cooked; heat from skillet will warm sauce.)
- ☐ Holding a sharp knife at a 45-degree angle, cut duck into slices.
- ☐ Sprinkle with chopped herbs and serve with cherry sauce.
- ☐ The USDA recommends cooking duck breasts to an internal temperature of 170°F to ensure that any harmful bacteria are killed, but since we prefer the meat medium-rare, we cook it to only 135°F. To our taste, that yields the perfect degree of doneness.*Available at dartagnan.com.

Nutrition Facts



Properties

Glycemic Index:112.77, Glycemic Load:5.99, Inflammation Score:-10, Nutrition Score:31.246087136476%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 595.46kcal (29.77%), Fat: 11.19g (17.22%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 79.01g (26.34%), Net Carbohydrates: 69.06g (25.11%), Sugar: 55.54g (61.71%), Cholesterol: 130.97mg (43.66%), Sodium: 573.65mg (24.94%), Alcohol: 1.58g (100%), Alcohol %: 0.55% (100%), Protein: 41.43g (82.86%), Vitamin B12: 22.11µg (368.54%), Vitamin A: 4168.81IU (83.38%), Vitamin B6: 1.2mg (59.9%), Iron: 10.23mg (56.83%), Selenium: 34.95µg (49.93%), Vitamin C: 40.12mg (48.63%), Vitamin B1: 0.72mg (48%), Fiber: 9.95g (39.8%), Phosphorus: 345.55mg (34.56%), Vitamin B2: 0.57mg (33.36%), Vitamin B3: 6.34mg (31.68%), Copper: 0.57mg (28.31%), Potassium: 662.05mg (18.92%), Manganese: 0.31mg (15.68%), Vitamin B5: 1.49mg (14.87%), Magnesium: 53.35mg (13.34%), Calcium: 125.07mg (12.51%), Zinc: 1.44mg (9.6%), Folate: 30.94µg (7.73%), Vitamin E: 1.01mg (6.76%), Vitamin K: 5.12µg (4.87%)