



WHATSheATE



Muscovy Duck Breasts with Pomegranate-Wine Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1092 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons flour
- ☐ 0.8 cup wine dry red
- ☐ 1.3 cups wine dry white divided
- ☐ 1 bay leaf fresh
- ☐ 3 teaspoons marjoram fresh divided minced
- ☐ 6 garlic clove minced
- ☐ 28 ounce chicken broth canned

- ☐ 14 ounce beef broth canned
- ☐ 4 pounds muscovy duck breasts boneless (4 to 8 breast halves, depending on size)
- ☐ 3 tablespoons olive oil divided
- ☐ 0.8 cup orange juice fresh
- ☐ 2 tablespoons pomegranate molasses
- ☐ 1.5 cups shallots minced (8 large)

Equipment

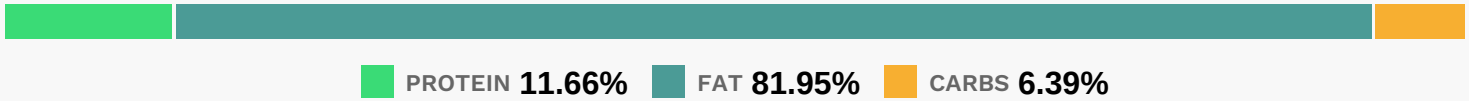
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Heat 2 tablespoons oil in heavy medium saucepan over medium heat.
- ☐ Add shallots; sauté until golden brown, about 18 minutes.
- ☐ Add garlic; sauté 3 minutes.
- ☐ Add 1 cup white wine and 3/4 cup red wine. Boil until most of liquid evaporates, about 10 minutes.
- ☐ Add both broths, orange juice, pomegranate molasses, 1 teaspoon marjoram, and bay leaf; boil until mixture is reduced to 2 cups, about 20 minutes. Discard bay leaf. (Sauce can be made 3 days ahead. Cover and chill.)
- ☐ Set rack at lowest position in oven; preheat to 450°F. Rub meat side of duck breasts with 1 tablespoon olive oil and 2 teaspoons marjoram.
- ☐ Sprinkle with salt and pepper. Working in batches, sear breasts, skin side down, in heavy large skillet over high heat until skin browns and fat is rendered, about 8 minutes.
- ☐ Transfer duck breasts, skin side down, to rimmed baking sheet.

- ☐ Drain all but 1 1/2 tablespoons fat from skillet; reserve skillet. Roast duck until thermometer inserted into thickest part registers 145°F for medium-rare, about 20 minutes.
- ☐ Meanwhile, bring sauce to simmer. Rewarm duck fat in reserved skillet over medium heat.
- ☐ Add flour; stir 1 minute. Gradually whisk in sauce.
- ☐ Transfer duck breasts to cutting board.
- ☐ Pour off all fat from baking sheet.
- ☐ Add 1/4 cup white wine to sheet and scrape up browned bits; add to sauce. Simmer sauce 3 minutes to blend flavors. Season with salt and pepper. Thinly slice duck breasts and divide among 8 plates.
- ☐ Drizzle with sauce.
- ☐ *Available at some supermarkets and Middle Eastern markets, and by mail at adrianascaravan.com.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:4.18, Inflammation Score:-6, Nutrition Score:22.315217370572%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.93mg, Malvidin: 5.93mg, Malvidin: 5.93mg, Malvidin: 5.93mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 1091.99kcal (54.6%), Fat: 95.18g (146.44%), Saturated Fat: 30.9g (193.14%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 15.15g (5.51%), Sugar: 7.71g (8.57%), Cholesterol: 172.37mg (57.46%), Sodium: 271.57mg (11.81%), Alcohol: 6.22g (100%), Alcohol %: 1.53% (100%), Protein: 30.48g (60.95%), Vitamin B3: 10.6mg (53.02%), Selenium: 29.51µg (42.16%), Phosphorus: 387.33mg (38.73%), Iron: 6.47mg (35.96%), Vitamin B1: 0.51mg (34.12%), Vitamin B6:

0.65mg (32.53%), Copper: 0.65mg (32.27%), Vitamin B2: 0.54mg (31.59%), Vitamin C: 22.28mg (27.01%), Potassium: 890.7mg (25.45%), Vitamin B5: 2.37mg (23.66%), Zinc: 3.45mg (23.03%), Vitamin K: 16.82µg (16.02%), Vitamin E: 2.37mg (15.82%), Folate: 54.64µg (13.66%), Manganese: 0.26mg (13.18%), Magnesium: 51.54mg (12.89%), Vitamin B12: 0.67µg (11.1%), Vitamin D: 1.59µg (10.58%), Vitamin A: 433.43IU (8.67%), Fiber: 1.56g (6.22%), Calcium: 55.75mg (5.58%)