



Seared Duck Breast with Cherries and Port Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter chilled divided ()
- ☐ 8 cherries fresh sweet red thawed pitted halved
- ☐ 10 ounce duck breast meat – skin left on
- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon orange-flower water
- ☐ 2 tablespoons port wine
- ☐ 0.3 cup shallots finely chopped (1 large)

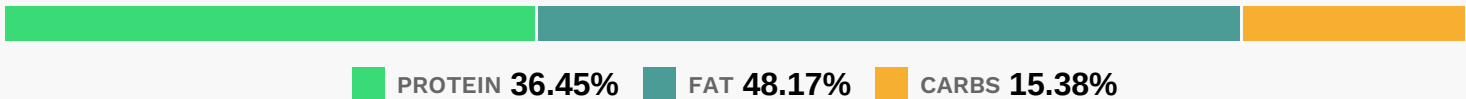
Equipment

- ☐ frying pan
- ☐ knife
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Place duck breast halves between 2 sheets of plastic wrap. Pound lightly to even thickness (about 1/2 to 3/4 inch). Discard plastic wrap. Using sharp knife, score skin in 3/4-inch diamond pattern (do not cut into flesh). DO AHEAD: Can be made 8 hours ahead. Cover and chill.
- ☐ Melt 1 tablespoon butter in heavy large skillet over medium-high heat.
- ☐ Sprinkle duck with salt and pepper.
- ☐ Add duck, skin side down, to skillet and cook until skin is browned and crisp, about 5 minutes. Turn duck breasts over, reduce heat to medium, and cook until browned and cooked to desired doneness, about 4 minutes longer for small breasts and 8 minutes longer for large breast for medium-rare.
- ☐ Transfer to work surface, tent with foil to keep warm, and let rest 10 minutes.
- ☐ Meanwhile, pour off all but 2 tablespoons drippings from skillet.
- ☐ Add shallot to skillet and stir over medium heat 30 seconds.
- ☐ Add broth, cherries, Port, and honey. Increase heat to high and boil until sauce is reduced to glaze, stirring often, about 3 minutes.
- ☐ Whisk in 1 tablespoon cold butter. Season sauce to taste with salt and pepper.
- ☐ Thinly slice duck. Fan slices out on plates. Spoon sauce over and serve.
- ☐ With the duck, pour a medium-bodied red from Spain's Rioja region. We like the Viña Santurña 2005 Crianza Rioja (\$13), which has black cherry flavors and smoky notes.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:2.19, Inflammation Score:-5, Nutrition Score:20.910434785097%

Flavonoids

Cyanidin: 9.67mg, Cyanidin: 9.67mg, Cyanidin: 9.67mg, Cyanidin: 9.67mg Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 1.07mg, Peonidin: 1.07mg, Peonidin: 1.07mg, Peonidin: 1.07mg Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 349.62kcal (17.48%), Fat: 17.9g (27.53%), Saturated Fat: 9.16g (57.26%), Carbohydrates: 12.86g (4.29%), Net Carbohydrates: 11.24g (4.09%), Sugar: 7.68g (8.53%), Cholesterol: 139.25mg (46.42%), Sodium: 193.41mg (8.41%), Alcohol: 2.3g (100%), Alcohol %: 0.97% (100%), Protein: 30.47g (60.95%), Vitamin B12: 18.51µg (308.5%), Vitamin B6: 0.97mg (48.73%), Selenium: 28.92µg (41.31%), Vitamin B1: 0.6mg (39.78%), Iron: 7.01mg (38.95%), Phosphorus: 310.52mg (31.05%), Vitamin B3: 5.77mg (28.87%), Vitamin B2: 0.47mg (27.46%), Copper: 0.51mg (25.37%), Potassium: 617.6mg (17.65%), Vitamin C: 13.39mg (16.24%), Vitamin B5: 1.3mg (13.04%), Magnesium: 43.13mg (10.78%), Vitamin A: 446.65IU (8.93%), Zinc: 1.22mg (8.1%), Fiber: 1.62g (6.47%), Manganese: 0.13mg (6.33%), Folate: 20.26µg (5.06%), Calcium: 26.27mg (2.63%), Vitamin E: 0.36mg (2.39%), Vitamin K: 1.89µg (1.8%)