

SPOTLIGHT RECIPE

ROASTED DUCK BREAST

This recipe highlights Native American flavors by using ingredients like raisins, maple syrup and huckleberries, providing a unique and delicious twist on a classic dish. You can pair this duck breast with other Native American-inspired side dishes, such as wild rice, stuffing or leeks roasted vegetables.

SERVES 6



INGREDIENTS

- 1 1/2 cups apple juice
- 1 cup golden raisins
- 1/2 cup maple syrup or honey
- 1 teaspoon cinnamon
- 2 teaspoons cornstarch slurry
- 1/2 cup water
- 1 cup berries, mix of blackberries, blueberries, chokeberries and huckleberries
- Six 6-ounce duck breasts
- 1 tablespoon garlic, chopped
- 3 tablespoons oil or meat fat
- 1 teaspoon salt and pepper

DIRECTIONS

In a saucepot, combine the apple juice, raisins, maple syrup and cinnamon, and then heat until boiling; stir occasionally. Mix the cornstarch, water and berries, and then stir in the apple juice mixture. Boil for 1 to 2 minutes until the mixture begins to thicken. If you want a smoother consistency, you can blend the mixture.

Generously season both sides of the duck breast with oil, garlic, salt and pepper. Add the oil to a pan and sear the duck skin side down for 5 to 8 minutes, then flip and cook on each side for 3 minutes each. Save the duck fat to use for the potatoes. Remove the duck from the pan and stuff with the stuffing-mixture items and roast in the oven until the internal temperature is 155 F or higher. Remove and let rest. Slice and place over the top of the sauce.

Side dishes

Potatoes and leeks
Succotash

