

Braised Duck Breast with Fresh Blackberry Sauce & Duck Fat Potatoes

THE Wilderness
Table 

Serves 2

Ingredients:

2 duck breasts
2c small fingerling potatoes (cut large ones so that all potato pieces are about 1 ½-2" max)
2 diced shallots
½ cup blackberry jam
½ pint fresh or frozen blackberries
2t whole wheat flour
1/4c marsala
2c beef stock (or duck stock)
1/8-1/4t crushed red pepper flakes
1T fresh thyme
salt and pepper

Instructions:

- Score the fat on the duck breasts (make diagonal cuts through the entire thickness of the fat, all the way down to but not into the breast) in a crosshatch pattern. Salt and pepper to taste.
- Over a medium low flame, let a skillet get nice and hot. Like really hot.
- Place breasts fat side down in the skillet for 10 minutes. Time it. Don't peek and don't siphon off the fat that is rendered.
- Flip over, and cook another 7 minutes. Time it again.
- Remove from pan and place somewhere to keep warm (wrap or tent with foil).
- While fat is still hot, add fingerlings. Carefully saute over medium heat until skins are crisp and potatoes are cooked through, about 10 minutes. Cover the skillet if your potatoes do not seem to be cooking fast enough.
- Remove potatoes and fat; keep warm.



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- Add shallots to the pan, and saute 3-4 minutes. They should be brown, not charred.
- Add jam, fresh berries, flour, marsala, stock, pepper flakes and thyme.
- Stir to incorporate flour, and bring to a simmer. Simmer 5 minutes to thicken.
- Salt and pepper to taste.
- Slice duck breasts thinly, and serve with potatoes and sauce.

NOTE: If making this outdoors, mix the sauce ingredients (minus the shallots) beforehand and either vacuum seal or place in a Ziploc bag. You may also score the duck breasts ahead of time.