

Duck Breast Pan Seared

Main Course

Ingredients	Cooking Method
2 Duck Breasts 2 Apples 1 tbsp Garlic 2 tbsp Shallots 3 tbsp Brandy ½ cup White Wine ¾ cup Apple butter 2 cups Demi-glase (rich brown stock) 1 Lemon Salt n Pepper	Stove Oven

1. Score skin of Duck breast with knife, season with salt n pepper (Sage, Thyme, Rosemary)
2. Sear Duck in sauce pan 2 min each side then into a 350 deg. Oven for 12 min. when done let rest.

Sauce

3. Dice apples and place in a bowl of water with lemon juice.
4. In sauce pan used for duck add shallots and garlic, sauté for 1-2 min.
5. Add Brandy and Wine reduce by ½.
6. Add Apple butter and Demi-glase. Bring to boil, season.
7. Add Apples and cook for 2 min.

Cook @ 350