



# Maple Lacquered Duck

Preparation: 5 min, Cook Time: 20 min Yield: 1

Fox 5 November

A delightful alternative to turkey

1 duck breast

1/4 cup maple syrup

1/2 teaspoon crushed red pepper

Zest of 1 orange

1 teaspoon thyme

Salt and pepper to taste

1 cup burgundy wine

1/2 cup blueberries

1/4 tablespoon maple syrup

Blueberry Sauce:

Add wine to 2 quart pan and reduce by 1/2.

Add blueberries and maple syrup.

Continue to reduce until the sauce is thick.

Preheat oven to 375f.

Score the skin side of your duck in a criss-cross pattern, being careful to not cut through to the flesh. Season with salt and pepper generously. Heat an oven safe skillet to medium heat, you want to brown the skin not burn it. Render the fat (about 10 minutes). You may need to pour off some of the fat during this process. In a bowl mix the syrup, pepper, zest and thyme.

Turn the duck over, the skin should be golden brown and crispy. Spoon the glaze over the skin and place in the oven for 5 minutes. Baste the duck again with the glaze and juices from the pan and place back in the oven for another 5 minutes or until an internal temperature of 125-130f.

Let the duck rest for 10 minutes before slicing and serving.

