



# Duck

## Duck Breast with Raspberry Sauce

**Prep: 25 minutes**

**Marinate: 2 hours**

**Cook: 20 minutes**

**Servings: 4**

### Ingredients

½ cup dry red wine

¼ cup soy sauce

2 tablespoons vegetables oil

1 clove garlic, minced

¼ teaspoon freshly ground pepper

4 skinned, boned wild duck breasts

Raspberry Sauce

Garnish : fresh blackberries, lime slices

### **Raspberry Sauce**

¼ cup seedless black raspberry preserves

¼ cup dry red wine or water

1 ½ tablespoons of Dijon mustard

1 tablespoon soy sauce

1 teaspoon lime juice

½ teaspoon salt

¼ to ½ teaspoon freshly ground pepper

- Combine first five ingredients in a bowl, stirring well. Place duck breasts in a heavy-duty, zip-top plastic bag or shallow dish; add marinade. Seal or cover, and marinate in refrigerator 2 hours, turning meat occasionally.
- Remove duck breasts from marinade, discarding marinade; place duck breasts on a rack in broiler pan. Broil 5 ½ inches from heat 15 to 20 minutes or until meat thermometer registers 180°, turning once. Thinly slice breast, and serve with Raspberry Sauce. Garnish if desired.

### Raspberry Sauce:

Combine all ingredients in a small saucepan: cook over low heat until thoroughly heated. Yield ¼ cup