

Duck Fillet with Morello Cherries

L. Starla's Valentine's Day Recipe (modified from Mum's old French cookbook)

Serves 2



Ingredients:

- 2 duck breast fillets
- Salt & pepper
- 2 teaspoons of cherry vinegar (or red wine vinegar)
- 2 teaspoons of berry liqueur
- 6 teaspoons of dry red wine
- 1 teaspoon of brown sugar
- 250g pitted Morello cherries in syrup
- 1 teaspoon chicken stock powder
- 2 teaspoons butter

Method:

1. Let the duck fillets come to room temperature for 30 - 60 minutes in a covered dish.
2. Season the skin side of the fillets with salt & pepper.
3. Heat a large pan over medium heat.
4. Cook the duck skin side down for 8 minutes.
5. Turn and cook for a further 5 minutes; pricking the skin several times with a fork.
6. Remove the duck from the pan and keep covered.
7. Discard the cooking fat from the pan if desired or use in the sauce (like I do).
8. Add vinegar to pan and let it evaporate while stirring.
9. Add the liqueur, wine, sugar, and cherries with their syrup.
10. Bring to the boil and simmer for 1 minute.
11. Strain the cherries and return the juice to the pan.
12. Stir in the chicken stock powder and reduce to about 1 1/2 tablespoons (30 mL)
13. Whisk in the butter.
14. Remove the sauce from the heat.
15. Slice the duck fillets and arrange them on plates.
16. Coat the meat with cherries and sauce.
17. Serve with a fresh green salad.