



Duck Breasts with Raspberry Sauce

Savannah · 30/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

4

Description

If you want to use frozen raspberries for this recipe allow them to thaw first

Ingredients

— - 4 duck breast halves - 2 teaspoons sea salt - 2 teaspoons ground cinnamon - 4 teaspoons demerara sugar - ½ cup red wine - ¼ cup creme de cassis liqueur - 1 teaspoon cornstarch - 4 ounces raspberries

Instructions

1. Preheat oven on broiler setting. Use a fork to score the duck breasts through the skin and fat but not all the way through to the meat. Heat a large heavy skillet on medium high. Fry the duck breasts skin side down
2. until the skin browns and fat runs out
3. about 10 minutes. Remove the breasts from the pan
4. and pour off most of the fat. Return breasts to pan
5. and fry skin side up for another 10 minutes. Remove breasts from pan
6. and allow to rest on a baking sheet. Mix the sea salt
7. cinnamon and Demerara sugar together and sprinkle over the skin of the duck breasts. Pour most of the fat out of the frying pan. Mix together the red wine
8. cassis
9. and cornstarch in a small bowl. Pour into the pan
10. and simmer for 3 minutes
11. stirring constantly
12. until the sauce is thickened. Add raspberries
13. and simmer for another minute until heated through. Broil the duck breasts skin side up
14. until the sugar begins to caramelize
15. about 1 minute. Slice the duck breasts thinly
16. pour a little sauce over the top
17. and serve warm. AllrecipesPhoto