



# Seared Duck Breast with Blueberry Sauce

*Tired of holiday ham and holiday prime rib stealing the show during your celebration dinners this season? Why not try a different approach and grill up a delicious, tender Seared Duck Breast with Blueberry Sauce? Duck Breast is easy and quick to make, with crispy skin adding a nice crunch to each bite mixed with a sweet, succulent blueberry sauce that mixes savory and sweet all in one forkful. Duck Breast with Blueberry Sauce not only elevates your meal but adds that necessary holiday twist that will delight and impress your loved ones, and perhaps even inspire a repeat performance for next year.*

## INGREDIENTS

### For the Seared Duck Breast

- 2 duck breasts, skin-on
- Salt, to taste
- 2 shallots, halved lengthwise
- Blueberry sauce (see recipe below)
- Cooked rice or couscous, for serving

### OVERVIEW

#### Seared Duck Breast

Prep Time: 15 minutes

Cook Time: 20-25 min

Servings: 2

## For the Blueberry Sauce

- ½ cup red wine
- ½ cup red wine vinegar
- 1 cup blueberry preserve
- ¼ cup sugar
- 1 short sprig of fresh rosemary
- Salt, to taste

## OVERVIEW

### Blueberry Sauce

Prep Time: 5 minutes

CookTime: 15 min

Servings: About 1 cup

# PREPARATION

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## Seared Duck Breast

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### Prepare the Duck

- Using a sharp knife, score the skin of the duck breasts in a shallow criss-cross pattern, being careful not to cut into the meat.
- Season the skin side generously with salt.

### Preheat the Wildfire Outdoor Living Griddle

- Set to **low heat** and preheat for **15 minutes**.

### Cook the Duck and Shallots

- Place the duck breasts skin side down on the griddle. No oil is needed.
- Season the flesh side lightly with salt.
- As the fat begins to render, place the shallots cut side down next to the duck.
- Cook for about **12 minutes**, allowing the skin to become deeply golden and crispy while the shallots soften and caramelize.

### Flip and Finish Cooking

- Flip the duck breasts and shallots.
- Cook for another **5 minutes**, or until the duck reaches your desired internal temperature.

## Blueberry Sauce

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### Reduce the wine

- In a small saucepan, bring the red wine to a boil.
- Reduce by half.

### Build the Gastrique

- Add red wine vinegar, blueberry preserve, and sugar.
- Stir to combine.

### Simmer and Reduce

- Add the rosemary sprig and simmer until the sauce reduces by half and thickens to a glossy, spoonable consistency.

### Finish

- Season lightly with salt.
- Remove the rosemary before serving.

## PLATING

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### Plate and Serve

- Spoon rice or couscous onto each plate.
- Place the duck breast on top, followed by the shallots.
- Drizzle **2 spoonfuls of the blueberry sauce** over the duck. Serve immediately.

**Tip:** Duck continues to cook slightly after removing it from the Wildfire Outdoor Living Griddle. Pull it a few degrees early to keep the meat juicy and tender under that crispy skin.