

Seared Duck Breast in Cherry Port Wine Sauce with White Cheddar Grits

You'll want to eat these creamy, savory grits with everything, but they're especially good with our juicy pan-seared duck breast in a tangy cherry port wine sauce. A sautéed hash of Brussels sprouts and garlic complete this gourmet Southern dish. Y'all enjoy.

Ingredients

- Duck breasts
- White cheddar grits M
- Rosemary thyme butter M
- Dried cherries
- Sweet tangy sauce S
- Brussels sprouts
- Shallots
- Garlic cloves
- White cheddar cheese M
- Port wine
(contains alcohol, sulfites)

Allergens

- M Milk
- S Soy

Supplies to Gather

- Two nonstick saute pans (12 inches)
- Kitchen knife & cutting board
- Microwave-safe bowl
- Kitchen tongs
- Cooking spoon
- Paper towels
- Salt & pepper
- Cooking oil

Did You Know?

The World Grits Festival has been held annually in St. George, South Carolina every spring since April 1986. The town claims to be the "Grits Capital of the World," eating more pounds of grits per capita than anyplace else.



920

Calories
Per Serving



Chef
Pick



Not
Spicy

1 Let's Get Started!



Rinse your fresh produce
Gently pat dry



Chef's Tip!

Duck fat makes a delicious substitute for cooking oil or butter when frying up eggs, potatoes, and much more. After cooking the **duck breasts** in **Step 3**, hold on to any excess duck fat. Keep it in a sealed container in your fridge, and use it to take your next meal to the next level.



Step 2

- Slice your **Brussels sprouts** in half lengthwise.
- Thinly slice the **shallots** crosswise into bite-size segments.
- Thinly slice or chop the **garlic cloves**.
- Use the tip of a sharp knife to cut a crosshatch pattern in the fatty layer of the skin-side of the **duck breasts**. This will help to crisp the skin.



Step 5

- Return the pan used to cook the **duck breasts** to the stovetop and set the heat to **medium**. Add the **sweet tangy sauce**, **port wine**, and **dried cherries**. Bring the sauce to a simmer and use the spoon to scrape up any tasty bits stuck in the pan. Cook for 2-3 min. **Turn off the heat**.
- Add **half** of the **rosemary thyme butter** and stir until melted into the sauce. Add the remaining rosemary thyme butter as desired.
- Add the **white cheddar grits** to a microwave-safe bowl, cover with a damp paper towel, and microwave for 1 min. Stir, then microwave for 1 additional min, or until hot and creamy. Stir in the **white cheddar cheese** until melted into the grits.

Please Note: When adding ingredients to a hot pan always be careful of any oil splatter. Cooking times may vary due to different appliances and temperatures.



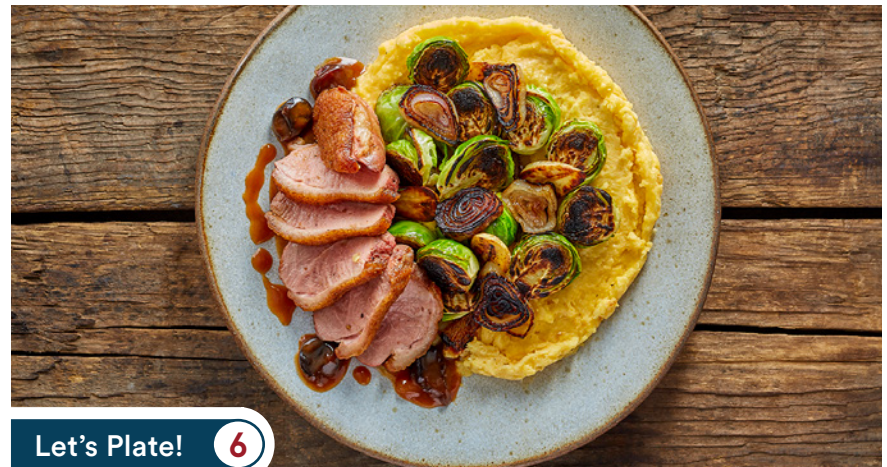
Step 3

- Place the **duck breasts** onto paper towels and pat dry. Season both sides with salt and pepper.
- Place a large nonstick saute pan onto the stovetop, add 1-2 **tblsp.** of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** place the duck breasts skin-side down into the pan. Reduce the heat to **medium-low** and cook for 8-10 min, or until the skin has cooked to a dark brown color and looks crispy.
- Turn over the duck breasts and cook for 3-5 additional min. **Turn off the heat**. Transfer the duck to a cutting board to rest for 5 min. Discard or save any excess fat (see **Chef's Tip**).



Step 4

- Meanwhile, place a second nonstick saute pan onto the stovetop, add 2 **tblsp.** of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** add the **Brussels sprouts**. Season with salt and pepper. Cook for 4 min, or until lightly browned, stirring occasionally.
- Stir in the sliced **shallots** and chopped **garlic cloves**. Reduce the heat to medium. Cook for 2-3 min, or until fork-tender. **Turn off the heat**.



Let's Plate! 6

After resting, slice the duck breasts into even pieces. Divide the white cheddar grits between serving plates and use the back of a spoon to spread the grits evenly across the plate. Spoon the sautéed Brussels sprouts over the grits. Arrange the sliced duck breast alongside the Brussels sprouts. Drizzle the cherry port sauce over the pan-seared duck breast.