

Duck in a Blueberry Sauce

Prep: 10 minutes | Total: 35 minutes

- 1 cup frozen blueberries
- 1/3 cup Kraft Pure apple jelly
- 1/4 cup port
- 3 tbsp Kraft Signature balsamic dressing
- 2 large duck breasts (approximately 550 g)
(in the frozen meat counter or in the fresh meat section of specialty grocery stores)

1. **HEAT** the blueberries, the jelly, the port and the dressing in a small saucepan at medium heat for 13-15 min., stirring frequently until the mixture thickens and takes on the consistency of syrup. Remove from heat and keep warm.

2. **MEANWHILE**, with a very sharp knife, make angled slits in the duck skin, approximately 3/4" apart, making sure the knife goes in almost to the meat.

3. **MAKE** more slits angled the opposite way to cross-hatch the duck.

4. **HEAT** a large pan at medium heat. add the duck breasts, skin face down. cook for 9 min. or until the skin is golden and crispy.

5. For medium-well done duck, **TURN** the breasts over 5 min. more until the centre is slightly pink (158° F).

6. **TRANSFER** the duck to a cutting board and let sit for 5 min. Slice and serve with the warm blueberry sauce.

VARIATION: For a tangy citrus sauce, heat on medium, 3/4 cup orange juice, 1/2 cup orange marmalade, 2 tbsp orange liqueur and 1/2 tsp grated ginger in a small saucepan. Stir frequently until the mixture thickens. Serve with duck instead of blueberry sauce.

Nutritional Info Per Serving (1/4 recipe 150 g):
 Calories 330, Total fat 15 g, Saturated fat 3 g,
 Cholesterol 120 mg, Sodium 200 mg,
 Carbohydrate 24 g, Dietary fibre 1 g, Sugars 11 g,
 Protein 22 g, Vitamin A 10%DV, Vitamin C
 4%DV, Calcium 0%DV, Iron 20%DV

