

FARE CHASE

Feeling Saucy

Chef Jacques serves up another succulent delight.



DUCK BREASTS WITH ORANGE SAUCE (SERVES 4)

INGREDIENTS:

- 4 5- to 6-ounce duck breasts
- 2 tablespoons butter
- 1 tablespoon oil
- 16 blood orange or navel orange sections
- 1 tablespoon sugar

ORANGE SAUCE:

- 4-5 navel oranges
- 4 tablespoons sugar
- 1 tablespoon red wine vinegar
- 2 teaspoons Grand Marnier
- 1 tablespoon butter, sea salt and freshly ground pepper

TO PREPARE THE FRUIT:

Place the orange sections in a low ovenproof dish, sprinkle with sugar, and glaze under the broiler for 3 to 4 minutes. Divide the fruit between four ovenproof plates and place in a 200-degree oven.

FOR THE ORANGE SAUCE:

Squeeze the oranges to obtain 1½ cups of juice. Heat the sugar to a light caramel in a heavy saucepan over medium heat. Immediately add the vinegar and orange juice. Boil until the caramel is dissolved. Boil uncovered for 5 minutes, reducing the volume by 1/3. Add the Grand Marnier, swirl in the butter, add salt and pepper. Heat the orange sauce and keep warm.

BUTTERED DUCK BREASTS:

Lightly salt and pepper the duck breasts. In a large skillet,

heat the 2 tablespoons of butter and 1 tablespoon of oil. When the butter begins to brown, add the breasts, skin side down. Sauté for 3 minutes.

Then turn the breasts and cook an additional 3 minutes for medium rare. Increase the cooking time to suit individual taste. Remove from the pan and allow rest for 5 minutes.

TO SERVE:

Slice each breast into thin diagonal layers and place one breast on each of the warm garnished plates. Pour the orange sauce around the breast slices and serve.

For more information on Chef Jacques, his books and cooking classes, visit him online at www.ChefJacques.com.

CHEF JACQUES HAERINGER

AN AVID HUNTER, wild game culinary expert and frequent "Today Show" guest, award-winning Chef Jacques Haeringer's philosophy is that good food, good friends and a relaxing environment are as good as life gets. For years, he has spread that message to the thousands of patrons that flock to his family's idyllic restaurant in Washington, DC, on his syndicated television show and to readers of his cookbooks.

