

Apple-Plum Duck Breasts

Easy-to-make homemade applesauce and maple syrup round out this fruity dish.

FOR THE FRUIT GARNISH:

2 large apples
8 plums
1 tablespoon sugar
4 tablespoons butter

FOR THE APPLESAUCE:

3 large apples
1 tablespoon butter
1-2 tablespoons sugar or maple syrup, to taste
½ teaspoon ground cinnamon
1 tablespoon water

FOR THE BREASTS:

4 five to six-ounce duck breasts
2 tablespoons butter
1 tablespoon oil
Sea salt
Freshly ground pepper

TO PREPARE THE FRUIT GARNISH:

Peel, core, and cut the apples into 16 wedges. Split the plums in half lengthwise

and remove the pits. Melt 2 tablespoons butter in a small skillet. Add the apple wedges, sprinkle with the sugar and sauté, tossing frequently, for 3 to 4 minutes until the sugar is caramelized and apples are tender. Sauté the plums in the same manner with 2 tablespoons butter, but do not sweeten unless they are very tart. Set fruit aside.

TO PREPARE THE APPLESAUCE:

Peel, core, and cut the apples into 1" pieces. Melt 1 tablespoon butter in a small skillet. Add the apple pieces, sprinkle with sugar (or maple syrup) and cinnamon. Add the water, and sauté, stirring frequently until the apples are tender, about 5 minutes. Place cooked apples in a food processor or blender and pulse to a chunky consistency.

TO PREPARE THE BREASTS:

Lightly salt and pepper the duck breasts. In a large skillet, heat 2 tablespoons but-



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ter and 1 tablespoon oil. When the butter begins to brown, add the breasts, skin-side down. Sauté for 2 minutes. Then turn the breasts and cook for an additional 1 to 2 minutes for medium rare. Increase or reduce cooking times to suit individual taste. Remove from the pan and allow to rest for a minimum of 5 minutes. (Duck breasts may be grilled for this recipe.)

TO SERVE:

Divide the fruit between four oven-proof plates and place in a 200-degree oven to warm. Cut breasts into thin diagonal slices and place one sliced breast on each warmed plate. Serve with the homemade applesauce.

