

Duck Breast with Peaches

(adapted from Fine Cooking)

Ingredients (for 2 people)

- 1 duck breast
- 1 tbsp butter
- 1 shallot, finely chopped
- $\frac{1}{4}$ cup white wine
- $\frac{1}{4}$ chicken broth
- 2 peaches, sliced
- 1 tbsp chopped tarragon
- 1 tbsp honey
- Salt & pepper

Method

1. Score duck skin and fat in a 1 cm diamond pattern. Season with salt and pepper.
2. Heat heavy fry pan over medium heat. Fry breast, skin side down for ~10 minutes. Flip to brown meat side for ~2 minutes. Flip back and fry until desired doneness (e.g. 130 to 135°F for medium rare).
3. Remove duck breast and drain most of the fat (can be retained for roasting potatoes, etc.).
4. Add butter and shallot to pan and heat for a few minutes to soften.
5. Add wine and reduce by half. Add chicken broth and reduce by half. Add salt and pepper to taste.
6. Add honey, peaches and tarragon and heat through.
7. Slice duck breast and serve with sauce and peaches.

Notes

- Can serve the duck over rice.
- Can substitute other fruit.