“The Local Buy” Recipe, Episode 404

Pan-Seared Duck Legs

Courtesy of Moose Manor Farms

Ingredients

- 1 ½ cups blueberries, raspberries, or blackberries
- 1 large shallot, minced
- ½ cup dry red wine
- 2 teaspoons extra virgin olive oil
- 4 duck legs, skin scored in a cross hatch pattern
- Salt and freshly ground pepper
- ¼ cup water
- 3 tablespoons cold unsalted butter, cut into tablespoons
- Thyme
- Honey

Directions

1. In a baking dish, mash ½ cup of the berries. Stir in the minced shallot, ¼ cup of the red wine, and the olive oil. Add the duck legs and turn to coat. Turn the legs skin side up, cover, and refrigerate for 30 minutes.

2. Scrape the marinade from the duck legs into the remaining marinade and reserve. Pat the duck legs dry, season them with salt and pepper, and set in a large skillet skin side down. Cook over moderately high heat for 1 minute. Reduce the heat to low and cook until the skin is well browned, about 6 minutes. Turn the duck legs and cook until medium-rare, about 3 minutes longer. Transfer to a carving board and let rest for 5 minutes.

3. Pour off and save the fat from the skillet for another recipe. Add the remaining ¼ cup of red wine and boil until reduced by half. Add the reserved marinade and the water and simmer over moderate heat until the sauce is slightly reduced, about five minutes.
Strain the sauce into a small saucepan and whisk in the honey and butter. Add the thyme and season with salt and pepper.

4. Thickly slice the duck legs crosswise on the diagonal and transfer to plates. Spoon the red wine sauce around the duck. Scatter the remaining 1 cup of berries on top and serve.