

Featured Recipe Related to *Under Lock and Key* Pan Roasted Duck Breasts with Blueberry Sauce

In *Under Lock and Key*, the cook Sheridan Drake is renowned for his talents in the kitchen. In a later story, he pulls out all the stops to compete in a cookery competition. This is one of the recipes he uses. I was surprised to find duck breasts in the frozen meat section at my local grocery store. This entrée turned out very tasty. I paired the duck with cheese tortellini in Alfredo sauce. Enjoy!

Ingredients

2 duck breasts, bone out, with skin

Dried thyme

Garlic powder

Black pepper, ground

2 T butter

1 T Olive oil

2 shallots diced

½ cup port wine

½ cup beef stock, unsalted

½ cup fresh blueberries

Instructions

Score the skin on the duck breasts. Sprinkle both sides with garlic powder, thyme, and black pepper. Wrap in plastic wrap and refrigerate at least one hour.

Preheat the broiler with rack in the top third of the oven. Using nonstick saute pan, melt 1 T butter and olive oil until froth subsides. Brown the duck breasts skin side down; do not turn. Reserve the saute pan and its oils. Place breasts in oven safe pan and broil 7-10 minutes, until flesh is opaque. Remove and reserve breasts in warm place.

Using the saute pan, add the shallots, port wine, and stock to deglaze the pan on high heat, until the sauce reduces and thickens. Add the blueberries and simmer on low for 15 minutes. Serve the sauce over the duck breasts.

