

## Duck Breast with Blueberry-Cabernet Sauce

4 duck breast halves  
1 cup fresh or frozen blueberries  
½ cup cabernet sauvignon  
2- 1/2 cups fat free chicken broth  
2 teaspoons powdered ginger  
1 teaspoon honey  
1 teaspoon lemon juice  
½ teaspoon freshly ground black pepper  
1 teaspoon softened butter  
1 teaspoon flour



Bring blueberries, wine, chicken broth, ginger, honey, lemon juice and pepper to a boil in a non-reactive saucepan. Boil gently until sauce is reduced by half. Blend butter and flour together and whisk it into the sauce. Continue to boil gently for one more minute to thicken.

Score the fat side of the duck breasts with a sharp knife in an X shape. Preheat a 12 inch sauté pan, over moderately high heat. Sear the duck breasts, fatty side down for 5 to 6 minutes until they are a rich golden brown. Turn the breasts to the meaty side, reduce heat and continue to cook for 5 more minutes. Be careful not to overcook. Meat should be pink inside.

Transfer the duck breasts to a cutting board and slice diagonally across the meat. Fan sliced duck breast on individual serving plates and ladle blueberry sauce over each.

Serves four

**Suggested wine pairing:** Napa Valley Cabernet Sauvignon