

Duck with Mandarin Oranges

This recipe, like the dressing that tops it, has evolved over time to its present incarnation.

It makes a wonderful entrée or salad, and both variations are included here. We have dropped the salad version from our menu, which was a luncheon item back when we first started and still served lunch. (The salad version was the favorite of our dear late friend, Bob Cox.)

1½ lb	duck breast
1½ Tbs	lavender blooms
1 tsp	coarse salt
¼ cup	Orange Muscat wine
2 Tbs	extra-virgin olive oil
½ cup	canned mandarin oranges, drained
¾ cup	Blood Orange-Poppy Seed Dressing—see <i>Vegetables & Salads</i>
⅓ cup	pine nuts, toasted

Procedure

- Sprinkle the bottom of a small baking dish with the lavender and salt. Add the duck breast skin side up. Pour the wine over the duck breast and then fill the pan with enough water to cover the breasts, BUT leave the fat above the liquid. Bake in a pre-heated oven at 450°F for 45 minutes or until the breasts have an internal temperature of 165°F. Cool and gently peel off the skin. Discard skin and cooking liquid.
- **NOTE:** Duck can be cooked ahead of time. Just wrap each breast individually and keep refrigerated for up to a week. Frozen they can last up to 3 months.
- Make the Blood Orange-Poppy Seed Dressing with or without the poppy seeds, according to your personal tastes. NOTE: When I make this dish as an entrée I leave the poppy seeds out. When I serve it as a salad, I use the poppy seeds.
- Thinly slice the duck breast. In a non-stick frying pan heat the olive oil. Cook the duck until hot and lightly colored on each side.
- **ENTRÉE:** Add the mandarin oranges and quickly heat.
- **ENTRÉE** and **SALAD:** Plate and dress. Garnish with the pine nuts.

Servings: 6