



## Duck, Spinach and Goat Cheese Salad with Blueberry Savory Sauce

Serves 4

### SAUCE:

- 2 cups frozen Blueberries
- 3 cloves garlic, finely chopped
- 1 medium onion, finely chopped
- 2 teaspoons olive oil
- $\frac{3}{4}$  cup red wine
- 2 tablespoons red wine vinegar
- 1 tablespoon grated lemon zest
- 2 tablespoons brown sugar
- salt and pepper to taste

### DUCK:

- 4 boneless duck breasts or leg quarters (or 1 whole duck cut into pieces)
- 2 tablespoons butter

### SALAD:

- 2 Tbsp unsalted butter, clarified
- 2 cups fresh spinach leaves, washed
- 4 oz goat cheese, 1-inch slices

Sauté finely chopped onion and garlic in olive oil. Cook until soft about 5 minutes. Add wine, vinegar, brown sugar and reduce sauce by  $\frac{1}{3}$ . Add blueberries and lemon zest. Cook for a few minutes to blend flavor and let rest. Season with salt and pepper.

Wash duck pieces, pat dry and season with salt and pepper. Heat clarified butter in a pan. Sauté duck pieces about 4 min per side until done. Time will vary. Remove from pan, wrap in aluminum foil and keep warm.

Prepare each plate with a bed of spinach, goat cheese and duck pieces drizzled with hot Wild Blueberry sauce. Serves 4. Tastes great with baguette.

NOTE: If pressed for time you can roast duck day before and carve into pieces to use in the salad the next day. Just reheat pieces.