

Mother's Day Duck Recipes



Celebrate Mother's Day with a delicious duck dinner.

DUCK BREASTS PROVENÇALE

Makes 4 servings

- 4 Maple Leaf Farms Duck Breast Filets
- 1 precooked polenta log (about 1 pound)
- 2 teaspoon herbes de Provence blend
- 1/4 teaspoon olive oil
- 1 cup low-sodium chicken broth
- 1/4 cup chopped pitted kalamata olives
- 1/4 cup chopped oil-packed sun-dried tomatoes
- 1 tablespoon capers, rinsed
- 1 tablespoon chopped parsley



Heat oven to 425°F. Bring large pot of water to boil; cook polenta log according to package directions while preparing duck and sauce. With small sharp knife, remove skin from duck breasts. Season breasts on both sides with herbes de Provence. In 10-inch nonstick skillet, heat oil over medium-high heat. Add breasts; brown on both sides, about 2 minutes per side. Transfer breasts in one layer to baking dish or another skillet and place in oven; cook about 6 minutes for rare, 8 minutes for medium-rare and 10 minutes for medium, turning breasts once after 4 minutes.

While breasts are in the oven, make pan sauce. Pour off fat from skillet breasts were browned in. Add chicken broth, olives, tomatoes and capers; simmer until liquid is reduced to about 1/2 cup.

Remove polenta log from water; open package and mound polenta on 4 plates, dividing it equally. Cut each breast crosswise on a slight angle into 4 to 5 slices about 1/2-inch thick; fan 1 breast over polenta on each plate and spoon sauce over duck and polenta. Sprinkle with parsley.

Nutrition Information Per Serving: 193 calories; 5 g fat; 136 mg cholesterol; 401 mg sodium; 8 g carbohydrate; 1 g fiber; 28 g protein

Tip: Serve with green beans or wilted spinach.

MANGO GLAZED DUCK BREASTS WITH CUCUMBER SALAD

Makes 4 servings

- 4 Maple Leaf Farms Duck Breast Filets
- 1/2 cup Major Grey's mango chutney
- 2 tablespoons Thai-style chili sauce
- 1/4 teaspoon vegetable oil
- 2 medium cucumbers, peeled, seeded and cut across into 1/2-inch slices
- 1 cup grated carrots
- 1 cup thinly sliced red onions
- 1 tablespoon toasted black or natural (unhulled) sesame seeds



Heat oven to 425°F. In food processor or blender, purée chutney with chili sauce. With small sharp knife, remove skin from duck breasts, being careful not to puncture meat; brush on both sides with 1/4 cup of the chutney mixture. In 10-inch ovenproof skillet, heat oil over medium-high heat. Add breasts; brown on both sides, about 2 minutes per side. Place skillet in oven; cook breasts about 6 minutes for rare, 8 minutes for medium-rare and 10 minutes for medium, turning breasts once after 4 minutes.

In large bowl, combine cucumbers, carrots, onions and remaining 1/4 cup chutney mixture. Mound cucumber salad on four plates, dividing it equally. Cut each breast crosswise on a slight angle into 4 to 5 slices about 1/2-inch thick; fan 1 breast over salad on each plate. Sprinkle with sesame seed.

Nutrition Information Per Serving: 279 calories; 5 g fat; 162 mg cholesterol; 208 mg sodium; 25 g carbohydrate; 3 g fiber; 33 g protein