

Duck Breasts in White Wine

Printed from Duck Recipes at <http://www.duckrecipes.org/>

Ingredients:

4 duck breasts.
1 medium onion, sliced.
1 large carrot sliced.
1 celery stalk, sliced.
1 ¼ cups of dry white wine.
Salt and pepper, to taste.
Mashed potatoes, for serving with.

Directions:

Remove the skin and attached layer of fat from duck breasts.

Place some of the skin fat in a flame-proof casserole and heat until about 3 tablespoons of fat run.

Remove the skin and brown the meat on all sides.

Remove from the pan.

Sauté the vegetables in the hot fat until softening.

Return the duck to the pan and pour in the wine.

Bring to a fast boil then season with salt and pepper.

Cover and place in a 300°F (150°C) oven for about 2 hours 30 minutes.

Serve with mashed potatoes .