

Slow Cooker Duck with Port, Mushroom and Tart Cherry Glaze

Active Time: 30 minutes | Total Time: 5 hours | Serves: 4

Nutrition Information Per Serving

300.8 calories, 11.74 g carbohydrate, 2.32 g fiber, 9.42 g NET carbs, 35.45 g protein, 11.03 g fat

Ingredients

- 4 small(s) organic apricots, puréed
- 4 clove(s) organic garlic
- 1/2 tsp(s) sea salt
- 1 whole organic shallot, thinly sliced
- 16 sprig(s) fresh thyme (half left whole, half chopped)
- 1/2 tsp(s) freshly ground black pepper
- 1/2 cup(s) organic frozen unsweetened cherries, halved
- 1/4 cup(s) port wine
- 2 whole (s) bay leaves
- 4 ounce(s) organic crimini mushrooms, sliced
- 24 ounce(s) pasture-raised duck breasts
- 1 Tbsp avocado oil

Preparation

1. Slice duck breast open. Place 1/2 ounce of mushrooms, 3-4 cherry halves, 2 sprigs of thyme and 1 clove of garlic on each breast. Fold skin over filling and using Butcher’s twine, firmly tie the duck breast closed. Repeat with each.
2. Heat oil in a sauté pan over medium heat. Sear duck until lightly browned, 2-3 minutes per side. Transfer to slow cooker.
3. In a separate bowl, combine remaining mushrooms, remaining cherries, pureed apricots, port, shallot, chopped thyme and bay leaves. Season and whisk to combine. Pour port liquid over duck.
4. Cook on low for 5-6 hours, turning once or twice.
5. Remove duck from slow cooker. Remove twine from legs with kitchen shears (be careful to remove all of twine). Pour port liquid over a sieve, reserving cherries, etc. Allow remaining liquid to settle and skim off fat. Add cherry mixture back to skimmed liquid and pour over duck.
6. Serve.

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