












CHERRY ANCHO DUCK BREASTS

with Pistachio Rice and Roasted Carrots



HELLO
ANCHO CHILI POWDER
 Made from peppers with a mild heat and a sweet, raisin-like flavor

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 900

-  Duck Breasts
-  Scallions
-  Cherry Jam
-  Ancho Chili Powder
-  Pistachios
(Contains: Tree Nuts)
-  Baby Carrots
-  Jasmine Rice
-  Chicken Demi-Glace
(Contains: Milk)
-  Dried Cherries

START STRONG

Keep a close eye on the duck as it cooks in the pan in step 1. If you see the skin charring in spots, lower the heat until it's evenly crisped.

BUST OUT

- Paper towel
- Small bowl
- Medium pan
- Baking sheet
- Small pot
- Olive oil (2 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Duck Breasts **12 oz | 24 oz**
- Baby Carrots **8 oz | 16 oz**
- Scallions **2 | 4**
- Jasmine Rice **½ Cup | 1 Cup**
- Cherry Jam **2 TBSP | 4 TBSP**
- Chicken Demi-Glace **1 | 2**
- Ancho Chili Powder **1 tsp | 2 tsp**
- Dried Cherries **1 oz | 2 oz**
- Pistachios **1 oz | 2 oz**

WINE CLUB

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1 CRISP DUCK

Wash and dry all produce. Preheat oven to 425 degrees. Pat **duck** dry with a paper towel and season with **salt** and **pepper**. Place in a medium pan skin-side down (use nonstick if you have it). Cook over medium heat until skin crisps, 13-15 minutes, pouring out and reserving fat as it's released (don't flip duck just yet).



4 FINISH DUCK AND SIMMER SAUCE

In a small bowl, stir together **jam**, **demi-glace**, **chili powder**, and **¼ cup water**. Once skin is crisp, flip over **duck** in pan. Pour in jam mixture and add **dried cherries**. Let simmer until sauce is thick and duck reaches desired doneness, 2-5 minutes. Transfer duck to plates for serving, leaving sauce in pan. **TIP:** If sauce is stiff, add a tablespoon or two of water.

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2 ROAST CARROTS

Meanwhile, trim **carrots**, then halve lengthwise. Place on a baking sheet and toss with a large drizzle of **olive oil**. Season with **salt** and **pepper**. Roast in oven under tender and slightly blackened at edges, 20-25 minutes. Meanwhile, trim and thinly slice **scallions**, separating greens and whites.



5 FINISH SAUCE AND RICE

Reduce heat under pan to low and stir **1 TBSP butter** into sauce. Once melted, season with **salt** and **pepper**; remove pan from heat and set aside. Fluff **rice** with a fork, then stir in **pistachios**. Season with salt and pepper.



3 COOK RICE

Melt **1 TBSP butter** in a small pot over medium-high heat. Add **scallion whites** and cook, tossing occasionally, until just softened, about 1 minute. Stir in **rice** and **¾ cup water**. Bring to a boil, then reduce heat to low. Cover and let simmer until tender, 9-11 minutes. Remove from heat and let stand 5 minutes, covered.



6 PLATE AND SERVE

Divide **rice** between plates with **duck**, then pour **sauce** over duck. Add **carrots** to the side. Garnish with **scallion greens** and serve.

DELICIOUS!

Duck and fruit flavors is a classic pairing.

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