



Duck with Sour Cherries
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Roast Duck with Sour Cherries

Spiced sour cherries combine with slow-roasted duck for a sweet and slightly tart supper.

Ingredients:

- 1 Wild or Pasture-raised Duck
- ½ Cup Grass-fed Ghee or Butter
- 1 Sweet Yellow Onion, Quartered
- 1 Cup Dry White Wine
- 2 Cups Pitted Sour Cherries
- 2 Shallots
- 1 Star Anise
- 1 Cinnamon Stick
- 2 Tablespoons Honey

Instructions:

With a blunt knife, separate the skin of the duck from the breast and spread ¼ cup ghee between the skin and meat. Stuff duck with onion. Roast at 325° F for four hours, raise heat to 375° F for 30 minutes. Allow duck to rest while preparing sour cherries.

Heat ghee in a pan until melted. Caramelize shallots in ghee until fragrant and brown. Add sour cherries, honey, anise and cinnamon stick. Simmer until flavors are well-blended. Remove anise and cinnamon stick.

Serve over roast duck.