

## Grilled Duck Breasts

*Poultry*

**Source:** The Martha Stewart Cookbook

### **INGREDIENTS**

**1** cup black currant juice or syrup from any canned fruit (pears, peaches, etc.)

$\frac{1}{2}$  cup red wine

**4 to 6** sprigs of fresh thyme

**1** whole duck breast, bones in and skin on, fresh or frozen

### **DIRECTIONS**

Combine the juice, wine, and thyme. Marinate the duck breast in this mixture for at least 30 minutes; or if the duck is frozen, marinate while thawing overnight in the refrigerator.

Prepare a grill or preheat the broiler.

To cook the duck, grill or broil for about 7 to 9 minutes on each side. (Be careful because the fat might cause the fire to flame.) The skin of the duck should blacken but the meat should be pink.

Carve the meat from the bone in thin slices and serve.