



ROASTED DUCK CONFIT FINISHED WITH POMEGRANATE REDUCTION

4 4-oz. Duck breasts	2 Tbsp. Balsamic vinegar
$\frac{1}{2}$ tsp. Kosher salt	2 cups Pomegranate juice
2 tsp. Coriander	1 Pomegranate, halved
2 tsp. Pomegranate seeds	$\frac{1}{2}$ tsp. ground cumin
$\frac{1}{3}$ cup sugar	4 each dried chilies
$\frac{1}{2}$ cup water	
2 cups low salt chicken stock	

Directions:

Grind Kosher salt, coriander and pomegranate seeds in a spice grinder and season duck breasts. Cover and refrigerate overnight. Bake marinated breasts in 180 degree oven until tender. In a sauce pot on medium heat, bring water to a simmer and add sugar; cook until a light carmel color. Add chicken stock, pomegranate, pomegranate juice and dried chilies and reduce by half. Add balsamic vinegar and simmer for 3 - 4 minute and strain. Remove duck from oven and drizzle sauce over top and sprinkle pomegranate seeds on top.

Yield: 4 servings

Chef Matt Bush, Flemings Prime Steakhouse and Wine Bar, 8487 Union Chapel Road, 466-0190

Nutrition Information: 330 Calories, 7 gm fat, 2 gm saturated fat, 0 gm trans fat, 85 mg cholesterol, 45 gm carbohydrate, 5 gm fiber, 26 gm protein, 330 mg sodium

**William K. Nasser, MD 19th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**