



## Roast Duck with Prunes & Braised Red Cabbage

Makes 4 servings

### Ingredients

- 2 oz. diced bacon
  - 2 oz. butter (½ stick)
  - 1 sweet apple, peeled, cored & diced
  - 6 cups thinly sliced red cabbage
  - 3 cups blackberry-cranberry juice (reserve 1 cup)
  - 1 ¾ cups red wine (reserve ¾ cup)
  - ½ cup red wine vinegar
  - ¼ cup sugar
  - ½ orange, sliced
  - 1 cinnamon stick
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- 1 duck (approx. 5 ½ -6 lb.)
  - 26 large pitted prunes
  - 1 Granny Smith apple, halved, cored, sliced

### Directions

Preheat oven to 450°F.

1. Melt butter in a large, heavy pot over medium heat. Add the diced bacon; cook until golden. Add cabbage; sauté 5 minutes, till wilted. Add the diced apple.
2. Add 2 cups juice, 1 cup of wine, vinegar, sugar, orange and cinnamon. Simmer until cabbage is tender and almost all liquid has evaporated, about 1 hour. Discard orange slices. Season to taste with salt and pepper.
2. Place duck on a rack in roasting pan. Place 10 prunes and apple slices in duck cavity. Prick the duck all over with a fork (this will allow the fat to escape). Season the duck with a generous amount of salt and pepper.
3. Roast duck for 25 minutes. Reduce oven temperature to 350°F. Continue roasting until meat thermometer inserted into thickest part of thigh registers 160°F, about 1 hour+.



4. Meanwhile, combine the remaining juice and 16 prunes in a saucepan. Cook over medium heat until prunes absorb almost all liquid, stirring occasionally, about 10 minutes.
5. Transfer duck to platter. Tent with foil to keep warm. Pour off fat from pan (you might want to save and strain the fat for future use). Add remaining  $\frac{3}{4}$  cup wine to roasting pan, set over medium heat and bring to a boil, scraping up any browned bits. Add wine mixture to prunes; simmer until sauce is reduced to 1 cup, about 4 minutes.
6. Slice the duck and arrange on plates. Spoon prune sauce over and serve cabbage alongside.