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| <b>ITEM</b><br>Orange Laced Duck Breast with Corn Relish | <b>YIELDS:</b><br>4 portions |
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First Nations, including the Ojibwe, commonly ate game birds such as turkey, duck and grouse. They were traditionally roasted slowly over an open fire.

| INGREDIENTS   |
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| 4 pieces duck breast, boneless, skin on<br>2 tablespoons olive oil<br>1 orange, zest, peeled and sliced for garnish<br>1/4 tsp salt<br>1/4 tsp black pepper<br><br>2 tablespoons olive oil<br>2 cloves garlic, sliced<br>1 medium onion, sliced<br><br>4 buns (medium size to fit sausage)<br><br>2 oz sunflower oil<br>1 teaspoon chervil, chopped<br>1 teaspoon chives, chopped<br><br>4 portions corn relish |

**METHOD:**

1. In a stainless steel bowl, place the four duck breast, add two tablespoons of olive oil, the orange zest, salt and pepper and mix well. Let marinate for 15 minutes
2. In a sauté pan, add olive oil, garlic and sliced onions, cook until caramelized (golden brown), stirring frequently, approx 8 – 10 minutes, set aside.
3. Preheat the grill to 400°F. Cook duck breast, turning periodically to attain an even brown color and until internal temperature reaches 130°F, do not over cook.
4. In a bowl add the sunflower oil, chervil and chives, creating a flavored



oil.

5. Cut open buns brush with flavored oil and lightly toast oil side down on the grill.
6. Place the bun on serving plate top with the duck breast, relish and garnish with caramelized onion mixture and orange slices.

Note: Chervil is a member of the parsley family but a with a hint of anise flavor, fresh tarragon or flat leaf or curly parsley is a great substitute.