

Duck & Pomegranate Tacos - Central America

Ingredients:

4 large boneless duck breasts (about 1 pound each), skin on
Mint Recado
1 C Pomegranate Juice or
 $\frac{1}{4}$ C Pomegranate Molasses mixed with $\frac{3}{4}$ C Water
(found in middle eastern grocery stores)
Canola Oil for grill
Small tortillas, heated
2 scallions, white and green parts, chopped

Optional: Adults can enjoy a Charred Habanero Salsa
while kids can enjoy their favorite Salsa w/Fruit

Instructions:

Score skin side of duck breasts in several places. Place them, skin side down, in a cold sauté pan and put over low heat. Slowly render fat from breasts, about 10 minutes.

Remove duck breasts to a large, nonreactive bowl; pour fat into a jar and reserve for other uses. Add the recado and pomegranate juice to duck and mix well. Cover, refrigerate, and let marinate overnight.

Light the grill and let burn down to a medium fire. Oil grill.

Remove duck from marinade and shake off excess.

Start to grill duck, skin side down, then turn and cook second side. Duck should be done to medium rare in about 5 minutes. Do not overcook.

Chop meat coarsely and wrap in tortillas with chopped scallions and salsa.

Yields 4 servings

