

Eiders Cape Cod

This recipe is a hit with dinner guests.

Overnight Marinade

4 Eider Breasts
1/2 cup orange juice
4 tsp cajun seasoning
1 tbsp butter

For Sauce

2/3 cup red wine
1/3 cup balsamic vinegar
2 tbsp granulated sugar
2 tbsp dried fruit 1/4 diced (cranberries, cherries, apricots, or prunes)

Instructions

- Place cleaned breasts into a non-reactive bowl. Mix OJ and seasoning, add breasts. Cover and refrigerate **overnight**. Press breasts into water-filled baggie to ensure complete immersion.
- Heat oven to 400 degrees
- Pat breasts to dry prior to cooking
- Add butter to a saucepan and heat until light brown. Add breast to pan carefully. Cook for approximately 3 minutes per side on medium heat.
- Place pan into 400 degree oven and roast for approximately 6 minutes until breasts are medium rare. Remove breasts from oven and put on a warm plate. Rest 3-5 minutes before slicing.
- Add wine, balsamic vinegar, and sugar to saute pan, bring to a boil, and reduce the volume by 1/2. Add 2 tbsp cold water to simmering reduction. Should be lightly thickened.
- Slice warm breasts approximately 1/8 inch across grain. Serve sauce over 1/2 breast for presentation. Do not cook more than medium rare or meat will toughen.