

Newton's Duck Scallopini (ala Sharon Maruca)

(....just as often made with dove or geese)

1x Recipe Below to Serve 4-6 – Made 2x Recipe for Xmas Party

1 lb. duck breast and leg meat

Meat cut into small chunks – each pounded a few times to flatten

3 cloves garlic, minced or pressed

1 bunch green onions, sliced 1/8"

1 each green and red bell pepper cut into rings and quarters

1 box washed/sliced mushrooms

1 each 16 oz can tomato sauce and 16 oz crushed tomatoes

(add less tomato sauce if you would rather reduce tomato flavor)

3 cups water

1 cup red wine

1 each tsp. sugar and tbls. vinegar

flour mix (cup flour w/ 3/4 tsp. each salt, seasoned pepper, and thyme leaf)

olive oil (or whatever oil you like)

salt/pepper to taste

Saute garlic, green onions, and bell pepper in olive oil. Remove to bowl.

Cut and tenderize the duck, goose or dove meat with meat hammer or edge of plate.

Dredge pieces of meat in flour mix (make flour mix as above or anyway you want).

Shake off excess flour and fry each piece in hot oil until lightly browned.

(Don't overdo, these should be rare – 1 minute each per side is plenty).

Remove each piece from pan as these brown, but return all to pan when all meat is fried.

Also return cooked vegetables, plus mushrooms, tomatoes and tomato sauce, wine /water.

Mixture will be watery at first – Boil for 10-15 minutes with frequent stirring.

Add sugar and vinegar. Season with more salt and pepper as desired.

Reduce heat and continue simmering another 30-45 minutes.

Stir often to prevent burning.

Mixture will thicken into gravy consistency.

Meat should be very tender, if not continue cooking but maybe add water as needed.

Serve over pasta or rice.