



Southern Fried Duck in Creole Sauce

1-2 duck breasts per person
Flour
Salt & Pepper
1 egg
 $\frac{3}{4}$ cup of milk
1 cup soda crackers, ground

16oz. canned tomatoes
 $\frac{1}{2}$ lbs. smoked sausage
1 medium onion, diced
3 celery stalks, chopped
2 garlic cloves, minced
1 green bell pepper, chopped
 $\frac{1}{2}$ tsp. basil
 $\frac{1}{4}$ tsp. marjoram
Salt and pepper to taste
Cayenne pepper to taste
2 tbsp. oil

Slice breasts horizontally, so that three flat, oval filets are made per half breast. Coat breast in flour spiced with salt and pepper. In a separate bowl, beat egg and milk together. Dip coated filet in mixture. Roll dipped filet in ground soda crackers. Fry in hot oil until golden brown, and meat has been cooked medium rare (about 3min/side)

On medium heat for 10 minutes fry vegetables and spice in oil until wilted. Add tomatoes and simmer over med-low heat for 10 minutes, stirring occasionally. Serve sauce over cutlets on rice.

Submitted by: Pat Kehoe

--Featured at the 2011 Outdoor Women's Program Wilderness Cuisine Session