

LONE STAR LABRADORS

TRENT'S FAMOUS CREOLE DUCK

4 duck breasts, or two goose breasts
2 green bell peppers
½ large onion
2 garlic cloves (if desired)
¾ cup milk (for gravy)

1 pound bacon
1 red bell pepper
2 stalks celery
Flour
Salt and pepper
4 to 5 cups cooked wild rice, or other rice, Tabasco sauce.

Cube duck breasts (1/2-3/4 inch) and cook with bacon over medium heat. When duck is cooked as desired, remove, and finish cooking bacon until crisp. Crumble bacon and set all aside. Save drippings and separate juices from grease. Using flour, milk, water and drippings make gravy. Make approximately 3 to 4 cups. Salt and pepper to taste. Dice and sauté all veggies in butter or olive oil. Combine duck, bacon, gravy, and veggies in a large skillet. Reheat on medium. Add water if gravy is too thick. Spoon mixture over rice. Splash on Tabasco to taste!

Frank Trent