

Sweet and Sour Duck Casserole

6 duck breast fillets (8 fillets for small ducks such as wood duck or gadwell)
1 cup seasoned flour or box of Drakes batter mix
16 oz. Jar of sweet and sour sauce
1 large green pepper
3 carrots
1 medium onion
1 medium cap of pineapple chunks
Cooking oil

Simmer sweet and sour sauce after adding pineapple chunks and sliced carrots. Cut duck breast fillets into cubes. Look for shot while cutting. Shake duck meat in flour or Drakes mix. Fry the duck in 1-2" of cooking oil until the coating is golden brown. The oil temperature should be 350-375°F. Drain the duck on paper towels. Add sliced or cubed green pepper and onion during the last 5 minutes the sauce is simmering. Serve by spooning the sauce over the duck. Goes well with rice. (Tip: Rinse and soak duck for at least 24 hrs. in refrigerator).

Makes 4 servings.

Courtesy of www.wildohio.com