

Duck

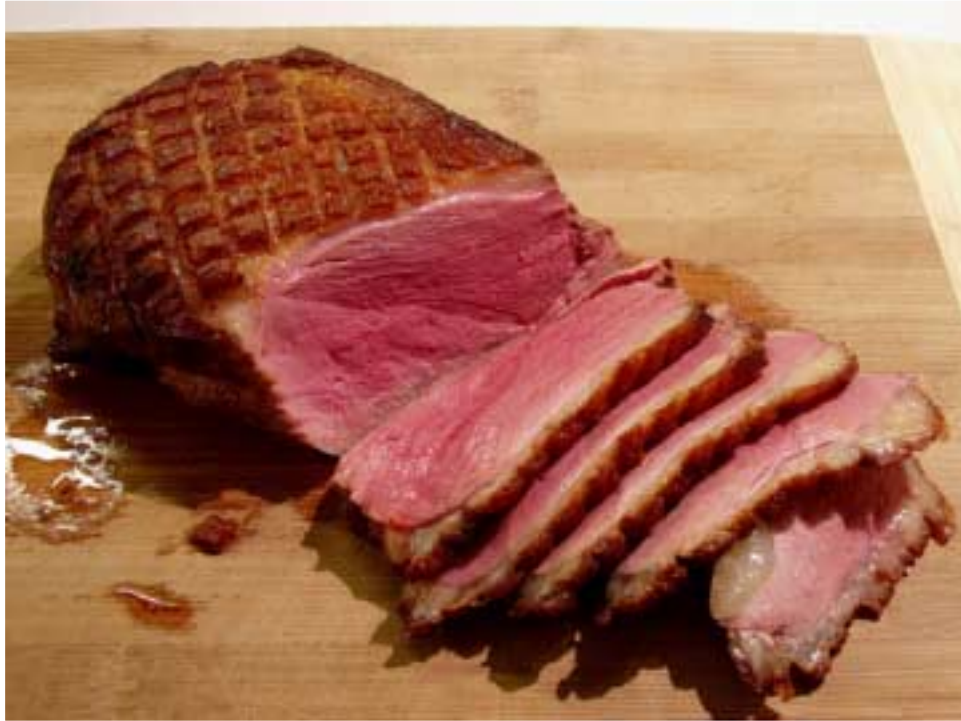


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Pan-Seared Duck Breast

Goes great with sweet potato puree and sautéed kale.

Yield: 3 to 4 servings

Ingredients

- 1 1 lb Magret Duck Breast
- Kosher Salt, to taste



Procedure

- 1 With a very sharp knife, score the skin side of each breast, cutting through the skin and fat, but trying to avoid cutting into the flesh. Space the scores $\frac{1}{4}$ to $\frac{1}{2}$ inch apart. Turn the breast 90 degrees and score at right angles to the first series of scores. Sprinkle skin side generously with sea salt.
- 2 Place the duck breast, skin side down, in a room temperature cast iron skillet. Turn burner on to medium-low and leave the breast untouched for 20 minutes (begin timing when the burner is turned on) spooning off the rendered fat every so often (and save for future use) and spooning a bit of fat over the breast.
- 3 After 20 minutes the skin should be a deep golden brown and crisp and almost all the fat should be rendered, salt it and turn it over. Place a weight (another fry pan) on the breast to keep it from curling and fry for about 5 minutes for rare and a few minutes more for medium.
- 4 Remove the breast from the pan, cover loosely with foil, and let rest for 15 to 20 minutes. Slice diagonally to serve.

Pan-Seared Duck Breast with Black Cherry Sauce

We like our duck breast cooked to medium.

Yield: 3 to 4 servings

Ingredients

- 1 1 lb Magret Duck Breast
- Kosher Salt, to taste
- Vegetable Oil
- 1 clove Garlic, crushed
- 1/3 cup Balsamic Vinegar
- 1/2 cup Black Cherry Preserves
- 1/2 cup Chicken Stock
- 2 Tbs Cold Butter



Procedure

- 1 With a very sharp knife, score the skin side of each breast, cutting through the skin and fat, but trying to avoid cutting into the flesh. Space the scores $\frac{1}{4}$ to $\frac{1}{2}$ inch apart. Turn the breast 90 degrees and score at right angles to the first series of scores. Sprinkle skin side generously with kosher salt.
- 2 Place the duck breast, skin side down, in a room temperature cast iron skillet. Turn burner on to medium-low and leave the breast untouched for 20 minutes (begin timing when the burner is turned on) spooning off the rendered fat every so often (and save for future use) and spooning a bit of fat over the breast.
- 3 After 20 minutes the skin should be a deep golden brown and crisp and almost all the fat should be rendered, salt it and turn it over. Place a weight (another fry pan) on the breast to keep it from curling and fry for about 5 minutes for rare and a few minutes more for medium.
- 4 Begin making the Black Cherry Sauce - Place a lightly oiled pan over medium-high heat, and when hot, add the garlic. Cook for just 30 seconds, and then add the vinegar, cherry preserves, and chicken stock. Cook until the sauce reduces by about half, and begins to slightly thicken, about 10 minutes. Move pan off the heat, and whisk in the cold butter, stirring constantly until the butter is melted.
- 5 Remove the breast from the pan, cover loosely with foil, and let rest for about 20 minutes. Slice diagonally to serve on sauce.

Pan-Seared Duck Breast with Cherry Balsamic Reduction

Yield: 3 to 4 servings

Ingredients

- 1 1 lb Magret Duck Breast
- Kosher Salt, to taste
- 2 tsp Olive Oil
- 2 tsp Shallots, minced
- 1/2 tsp Garlic, minced
- 1/2 cup Dried Cherries
- 1/2 cup Balsamic Vinegar
- 1 1/2 cups Chicken Stock
- 2 tsp Fresh Sage Leaves, chopped
- 1 Tbs Cold Butter
- Salt, to taste
- Fresh Ground Black Pepper, to taste



Procedure

- 1 With a very sharp knife, score the skin side of each breast, cutting through the skin and fat, but trying to avoid cutting into the flesh. Space the scores $\frac{1}{4}$ to $\frac{1}{2}$ inch apart. Turn the breast 90 degrees and score at right angles to the first series of scores. Sprinkle skin side generously with sea salt.
- 2 Place the duck breast, skin side down, in a room temperature cast iron skillet. Turn burner on to medium-low and leave the breast untouched for 20 minutes (begin timing when the burner is turned on) spooning off the rendered fat every so often (and save for future use) and spooning a bit of fat over the breast.
- 3 To make the Cherry Balsamic Reduction, begin by setting a small saucepan over medium heat and add the olive oil.
- 4 Once the oil is hot, about 30 seconds, add the shallots, garlic and cherries.
- 5 Cook the shallots, garlic and cherries until the garlic is fragrant and the shallots begin to caramelize, about 1 minute.
- 6 Deglaze the pan with the vinegar, and when the vinegar is almost completely reduced, about 3 minutes, add the stock and chopped sage.
- 7 Bring the sauce to a boil, reduce heat to a simmer, and cook for 15 minutes.
- 8 Once the sauce is cooked, swirl the cold butter into the sauce and season with salt and pepper, to taste.
- 9 After 20 minutes the duck's skin should be a deep golden brown and crisp and almost all the fat should be rendered, salt it and turn it over. Place a weight (another fry pan) on the breast to keep it from curling and fry for about 5 minutes for rare and a few minutes more for medium.
- 10 Remove the breast from the pan, cover loosely with foil, and let rest for 15 to 20 minutes. Slice diagonally to serve with the reduction.

Source

Source: The Cherry Balsamic Reduction is an Emeril recipe on foodnetwork.com