

Seared Duck Breast with Roasted Potatoes

Prep Time: 10-minutes

Cook Time: 20-minutes

Total Time: 30-minutes

Serves: 4

NOTES:

Ingredients

For the Duck Breast

- 2 Duck Breasts
- 4 Tablespoon Butter
- Kosher Salt
- Black Pepper

For the Escarole

- 8 oz. Escarole (Blanched)
- 2 Tablespoons of Olive Oil
- 6 Cloves of Garlic (Chopped)
- Kosher Salt
- Black Pepper

For the Roasted Potatoes

- 1 lbs. Miniature Potatoes
- 3 Tablespoons of Olive Oil
- 6 Cloves of Garlic (Diced)
- 2 Tablespoons Rosemary
- 2 Tablespoons Thyme
- Kosher Salt
- Black Pepper

For the Sauce

- 4 Tablespoons Butter
- ½ Cup Demi-Glace
- 4 oz. Brandied Cherries

Method

Roasting your Potatoes

1. Preheat your oven to 425 degrees
2. Line large cooking sheet(s) with aluminum foil
3. Chop/Dice your potatoes
4. Add potatoes together with your olive oil, rosemary & thyme in a large mixing bowl

5. Spread potatoes out evenly across your cooking sheet(s)
6. Roast in the oven for 20-minutes, flipping halfway – check with a fork if tender
7. Sprinkle with salt, black pepper, and any additional seasonings to taste
8. Keep & serve warm

Preparing Your Brandied Demi-Glace

1. In a small saucepan melt 4 tablespoons butter over medium-low heat
2. Add 4 oz. of Brandied Cherries
3. Add ½ Cup Demi-Glace
4. Lower heat and allow sauce to simmer, until ready to serve

Searing your Duck Breast

1. Use a high heat setting to pre-heat your sauté' pan
2. Melt 4 tablespoons of butter in the pan
3. Season your duck breasts lightly with salt and pepper
4. Place duck breasts into your high-heat pan – BE ATTENTIVE as they will sear quickly!
5. Sear each side of your duck breast for 1-2 minutes on high heat
6. Lower your heat to medium and allow breasts to cook for *up to* an additional 8-minutes on each side.
 - a. For a more tender & juicier breast – cook to an internal temperature of 125 and allow to rest for a medium rare preparation.
 - b. For a fully cooked breast – cook to an internal temperature of 165 and allow to rest for a well-done preparation.

EDITORS NOTE: ALWAYS HANDLE YOUR RAW MEAT WITH PROPER SAFETY AND HANDLING PROCESSES. THE USDA RECOMMENDS COOKING DUCK BREASTS TO AN INTERNAL TEMPERATURE OF 165 DEGREES.

Sauté your escarole

1. Heat 2 tablespoons olive oil over medium heat in a sauté pan
2. Add your garlic (chopped, diced, or minced are all OK)
3. Allow the garlic to get a nice golden-brown color
4. Add 8 oz. of blanched escarole – spread your escarole and allow oil and garlic to coat
5. Cook quickly removing from heat after 2-3 minutes
6. Add a pinch of salt & black pepper to taste

Serve

Lay a bed of potatoes on the plate.

Add a serving of escarole.

Slice your duck breasts into servable portions, place on plate.

Ladle 1-2 oz. of sauce to garnish.

Enjoy!

