

Seared Magret Duck Breast w/ Orange Pan Sauce

serves 4

2 ea	Magret Duck Breasts	1 ½ cups	Chicken Stock
2 ea	Garlic Cloves, minced	4 Tbsp	Cold unsalted butter
1 ea	Shallot, minced	1 ea	Orange, zest and juice
½ cup	White Wine		

1 With a sharp knife, gently score duck breast skin in a tight crosshatch pattern, keeping the scores 1/8 inch apart. If you prefer a little fat left on the breasts after cooking, just barely score the skin; to render more fat, score more deeply, taking care not to expose the flesh. Season duck breasts with salt, heavily on the skin side and lightly on the flesh side.

2 Place duck breasts, skin side down, in a large, cold sauté pan. Place pan over low to medium-low heat. To keep the edges from curling up, press duck breasts down with the help of a smaller sauté pan. After about 5 minutes, the fat should begin to gently bubble. If the fat is either silent or spitting, adjust heat accordingly.

3 Maintain the gentle bubble of fat, pouring out excess rendered fat throughout the cooking process, until much of the fat has rendered, skin is golden brown, and duck's internal temperature is 125°F (52°C), about 15 minutes.

4 Increase heat to medium and further brown skin if needed, about 1 minute, before flipping and cooking on the flesh side. Cook until breast registers 140°F, about 2 to 3 minutes.

5 Transfer breasts to a plate and add garlic and shallot to the pan until fragrant. Increase heat to high and add white wine. Scrape up any brown bits stuck to pan and let wine reduce until pan is almost fully reduced.

6 Add chicken stock and orange juice and let reduce by half.

7 Remove sauce from heat and stir in butter until melted and evenly incorporated. Season sauce with orange juice and zest, salt, and black pepper.

8 Serve half a breast per person with sauce drizzled over top.

