

Muscovy Duck Breast with persiMon® Blood Orange Glaze



By Chef Christine Cushing

Serves 4- 6

INGREDIENTS:

Two single Muscovy duck breasts, about (450 g) each salt to taste

1 tsp. Szechuan peppercorns (or black peppercorns) (5 ml) ground

¼ tsp. ground cloves (1 ml)

½ tsp. Allspice berries (2.5 ml)

2 pieces Star anise

GLAZE:

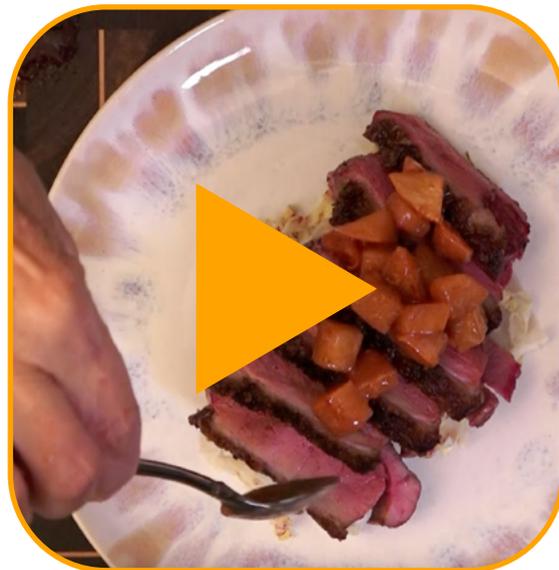
1 whole persiMon®, diced

Grated zest and juice of 1 blood orange

2 tbsp. currant jam or jelly (25 ml)

1/3 cup dry sherry (80 ml)

Splash soy sauce, optional



PREPARATION

- Combine the spices in mortar and pestle and grind to your desired texture.
- Score the duck breasts on the fatty side in a criss-cross pattern with a sharp knife. Season breast with sea salt on both sides. Sprinkle with spice mixture on both sides.
- Preheat oven to 350 degrees F. convection.
- Place duck, fat side down, in a moderate pan with oven proof handles. Sear the duck.
- Over medium-low heat and render the fat for 5-8 minutes. Flip over onto meat side and sear for 2 minutes. Remove the duck and drain. (You can discard the fat or save for another use). Duck skin should be dark golden and crispy at this point.
- Transfer pan to the oven and roast at 350 F, fat side down about 10-12 minutes or until duck has reached an internal temp of 127 F. for medium rare. Remove duck from the oven, transfer to cutting board, and to rest for 5 minutes. Use a meat thermometer to insure proper temperature. Meat will continue to cook while resting.
- Meanwhile prepare the sauce by using same pan you roasting the duck in. Over medium high heat sauté the diced persiMon®, orange zest and juice, currant jelly, sherry and soy. Simmer on medium low until fruit has softened a little and sauce is thickened like honey, about 5-7 minutes.
- Thinly slice the duck and fan slices and spoon warm sauce over top.

Source: www.persiMoncanada.com

