

GRILLED DUCK BREAST WITH CIDER JUS

F MEDIUM

Last Modified: 11/21/2013

PREP: 10 Min
COOK: 45 Min
GRILL & STOVETOP

DUCK

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	12 Oz	Muscovy Duck Breast Halves (NOT Pekin)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fine Ground Black Pepper	To Taste

CIDER JUS

2	Cups	Fresh Apple Cider (Unfiltered)	
1	Cup	Chicken Stock (Swanson)	
2	Tbsp	Shallot	Minced
2	Sprigs	Fresh Thyme	
2	Whole	Star Anise	
PLUS			
1	Tsp	Anise Seed	
1	1" Stick	Whole Cinnamon	
1	Tbsp	Cider Vinegar (Heinz)	
1	Medium	Lemon	Juiced
1	Stick	Unsalted Butter	Pats
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	This Duck Breast is crisp and very tender. Serving with a side dish of Recipe: Vegetable - Honey Glazed Carrots is WONDERFUL!
CAUTION	Do NOT use a Pekin Duck Breast - the flavor differs GREATLY,
FACTOID	Ducks, all originating from cold climates, will have a thick layer of fat beneath their skin. Nature's way of helping them keep warm in the winter. Unfortunately, this extremely flavorful fat renders during the cooking process, making the Meat greasy. This process addresses the problem.
TOOLS	1) Large Cast Iron Skillet. 2) Gas Grill. 3) Medium Saucepan. 4) Fine Wire Strainer.
PREP	DISH 1) Turn the grill burners on high heat and place the dry cast iron skillet inside. Close the lid. Preheat the skillet until it is very hot.
PREP	CIDER JUS 1) Finely dice the Shallot and set it aside. 2) Juice the Lemon and set it aside.
1	DUCK: Score the skin side of the Breast by making shallow, crosswise cuts. (This helps the fat melt away into the pan.) Season the Breasts well with Kosher Salt and finely ground Black Pepper.
HINT	This dish can be made on the stovetop, but is a bit more difficult and a bunch messier

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2	DUCK: Reduce the grill burners to medium. Add the Duck Breasts into the skillet. skin side down and cook with the cover closed for 5 to 7 minutes or so, rendering the skin brown and crispy. Turn the Duck Breasts over and cook them for a minute or two on the meat side, basting it with some of the fat from the skillet. Transfer the Duck Breasts, meat side down, directly on to the grill for a minute or two. Remove and let them rest for 5 to 10 minutes while tented with aluminum foil..
1	CIDER JUS: In a heavy saucepan over medium high heat add in the Cider, Chicken Stock, Shallots, Thyme, Spices and V. Bring the mixture to a boil and then reduce the heat to a simmer and cook until the mixture is reduced to about 3/4 cup of liquid remaining, about 20 minutes.
2	CIDER JUS: Turn off the heat and whisk in the Butter a few pieces at a time. Season with Lemon Juice and Salt and Pepper to taste. Strain the mixture, pressing on solids to extract the liquid. Discard the solids. Cover and set it aside until just before serving.
SERVE	Slice the Duck Breasts into thin strips across the grain, fan half a Breast on a heated dinner plate and spoon a liberal amount of the hot Cider Jus over the Duck.