



Pan-Seared Duck Breast

Duck is an often-over-looked protein, but we love its rich flavor and versatility. This recipe is straightforward - no fuss - and has a brightness from the orange zest. Give it a try!

INGREDIENTS

2 Pine Street Market Duck Breasts
Pine Street Market Butcher Salt
Thyme
2 strips of Zest of an Orange

PREPARATION

- Season the duck breasts with Butcher Salt (or kosher salt and black pepper), heavily on the skin side and lightly on the meat side. Allow the duck breast to sit at room temperature for 30 minutes.
- Place duck breasts, skin side down, in a large, room temperature 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. Add the thyme and zest to the pan.
- Cook until much of the fat has rendered, the skin is golden brown, and the duck's internal temperature is 120F, about 10-15 minutes.
- Increase the heat to medium and further brown skin if needed, about 1 minute, before flipping and cooking on the meat side.
- We recommend cooking your pan-seared duck breasts to medium-rare (130F) or medium. Remove the duck breasts from the pan and set aside to rest for 5 minutes before slicing.

Try serving your duck breast with Parmesan Risotto, Cast Iron Succotash, or Creamy Polenta.