



## JERNEJ KITCHEN

# HOW TO COOK DUCK BREAST

*Learn how to cook duck breasts in just one skillet. Juicy duck breast with crispy skin served with duck orange sauce. Easy recipe!*

SERVES	4	PEOPLE
PREPARATION:	30	MINUTES
COOK:	15	MINUTES
TOTAL TIME:	45	MINUTES

### DUCK MARINADE

- 2 cloves of garlic
- 2 tbsp orange juice, freshly squeezed
- 1 tbsp ginger, peeled and sliced
- 2 tbsp light soy sauce
- 1 tsp allspice
- 1 tbsp rice vinegar or white wine vinegar
- 1/2 tsp cloves
- 1/4 chili
- 1 tbsp vegetable oil

### DUCK

- 2 large duck breast (2x 350g (12.3 oz)) OR 4 small duck breast (4x 200g (7 oz))
- 3 tbsp orange juice, freshly squeezed (for the sauce)
- 1 tbsp honey (for the sauce)

### TOOLS AND EQUIPEMENT

- bowl
- blender or immersion blender
- plastic bags
- strainer
- paper kitchen towels

### DUCK MARINADE

In a blender jug or in a bowl (if you're using an immersion blender) combine peeled cloves of garlic, freshly squeezed orange juice, peeled and sliced ginger, soy sauce, allspice, vinegar, cloves, chili and vegetable oil. Blend into a smooth mixture using a blender or an immersion blender.

### MARINATE THE DUCK BREAST

Add duck breasts to a freezer bag. Pour the marinade over the breasts and seal the bag. Place in the fridge for 20 minutes (or up to two days).

### TIP

*The marinade will remove some of that specific gamey flavor. The longer we marinate the duck breasts, the less gamey flavor they will have.*

### COOK THE DUCK BREASTS

Remove the duck breasts from the marinade. Strain the marinade through a sieve and store it for later. Pat dry using paper towels. Using a sharp knife score the skin. Make 6 - 8 parallel shallow cuts into the skin. Don't go through the skin. Then, make 6 - 8 shallow cuts in another direction, making a diamond pattern. Place a large skillet over medium-low heat. Add the duck breasts (don't overcrowd the skillet), if you need to, cook them in batches. Place the duck breasts skin side down. There's no need to add oil because the duck skin is incredibly fatty and will release enough fat for the duck breasts to cook. Cook the small duck breasts for 6 minutes (skin-side down) and cook the larger breasts for 8 - 10 minutes (skin-side down). Using a spatula gently press down the duck breasts, so that the skin is completely intact with the skillet - this way the

sharp knife  
saucepan  
skillet

skin will be evenly crispy.

#### TIP

If there's more than 1 cm or 1/2 inch of the duck fat in the skillet, pour it from the skillet into a bowl and store for later use.

#### COOK THE DUCK BREASTS

When the skin is crispy and delicious, turn the small duck breasts and continue to cook for 2 - 3 minutes for medium-rare OR 4 minutes for medium OR 8 - 10 minutes for well done. Then, transfer to a plate and leave them to rest for 10 minutes - they will continue to cook. For the large duck breasts, the process is a bit different. Place the oven-safe skillet in the preheated oven at 200 °C / 390 °F. Continue to cook skin-side down for 2 minutes, then turn the duck breasts and cook in the oven for 3 - 4 minutes for medium-rare OR 6 minutes for medium OR 8 - 10 minutes for well done. Then, transfer to a plate and leave them to rest for 10 minutes - they will continue to cook.

#### DUCK SAUCE

Add the marinade, freshly squeezed orange juice and honey to a saucepan. Place over medium-high heat and bring to a boil. Then reduce the heat to low and continue to cook for about 5 minutes, or until about 1/3 of the sauce is reduced and the sauce is thick.

#### SERVE

Slice the rested duck breasts on the diagonal using a sharp knife with one straight motion. Serve them over traditional [mlinci \(baked noodles\)](#) or [mashed potatoes](#). Pour the duck sauce over the duck breasts and devour. Enjoy.