



Duck a l'orange

Serving Size: 4, Bon Appétit, September 1999

1. 1/4 cup sugar
2. 2 tablespoons water
3. 2 tablespoons Sherry wine vinegar
4. 1 1/2 cups fresh orange juice
5. 2 tablespoons minced shallots
6. 1 1/2 cups low-salt chicken broth
7. 1 large oranges or use Mandarin Orange
8. 2 1-pound boneless duck breast halves
9. 1/4 cup (1/2 stick) unsalted butter
10. 2 tablespoons grated orange peel
11. Parsley leave for presentation

- Stir sugar and water in heavy medium saucepan over medium heat until sugar dissolves.
- Increase heat; boil until syrup turns deep amber, occasionally brushing down sides of pan with wet pastry brush and swirling pan, 8 minutes, Remove from heat.
- Mix in vinegar (mixture will bubble vigorously).
- Add juice and shallots; boil until reduced to 1/2 cup, stirring occasionally, 15 minutes.
- Add broth; boil until reduced to 3/4 cup, 30 minutes. Set aside.

NOTE: Sauce and oranges can be prepared 6 hours ahead. Cover separately; chill.

- Using small knife, cut off peel and white pith from 4 oranges.
- Working over bowl, cut between membranes to release segments.
- Using small knife, score duck skin (do not pierce meat) in crosshatch pattern.
- Sprinkle duck with salt and pepper.
- Heat heavy large skillet over medium-high heat.
- Place duck breasts skin side down in skillet. (Skin will release oil/fat, cover to prevent oil splatter) Cook until brown and crisp, about 6 minutes.
- Turn duck and cook to desired doneness, about 10 minutes longer for medium-rare. Transfer to cutting board. Let stand 10 minutes. Cut off Skin if desired.
 - Alternative: **Place** duck breasts skin side down in skillet, cook until sides have changed color about 1/4 way up from bottom; turn carefully. Place pan in oven; continue cooking until internal temperature is 165 degrees, 15-20 min. Check by inserting thermometer halfway into thickest part of meat.
- Meanwhile, bring sauce to simmer.
- Add butter and 1 tablespoon grated orange peel; whisk just until butter melts.
- Slice duck breasts crosswise on diagonal. Arrange on 4 plates.
- Spoon sauce alongside. Sprinkle with remaining peel.

Main_Duck a l'Organge

Cooking Method A (Pan Sear, Oven Roasting Finish)

When preparing to cook duck breast, Fults uses a sharp knife to score the skin side so heat can get to the interior.

He sears the skin side of the duck breast in a very hot skillet, about four minutes. He turns the breast and sears the other side two or three minutes. There is no need to put any grease in the fry pan because the skin provides plenty of fat.

The seared breasts go into a pan (without cover) and are roasted at 400 degrees about 10 minutes.

Remove from oven and let the breasts rest about five minutes. "This is important," says Duncan. The breasts then are sliced thinly to fan out in a decorative pattern on the plate. A sauce is spooned over the meat.

Cooking Method B (Pan Searing)

Season with salt and pepper and put in a dry, very hot pan, fat side down. Oils from the duck will release almost immediately. Cook five to six minutes on one side, then turn and cook for three more minutes.

The skin can be left on during cooking for flavor and moisture, but be sure to remove it before serving. Save the oil from the pan to use for confit.