



Seared Duck Breast with Pinot Noir Sauce

Source: William Sonoma

Serving Size: 4

Prep Time: ~30 min*

Cooking Time: ~ 30 min

* Start one 4 hours before actual cooking time.



Duck and Pinot Noir are a classic combination. Look for Muscovy duck breasts for this recipe; they are generally larger and have a lower fat-to-meat ratio than the breasts of other duck varieties. Jars of demi-glace are sold in specialty-food stores. Serve the duck with our Potato and Apple Galette plus Savoy Cabbage and Turnips (see related recipes at left), and pour your best Pinot Noir.

Directions

- Using a sharp knife, score the skin of the duck breast in a diamond pattern, taking care not to cut into the meat.
- Place the duck breast in one or two zip lock bags.
- In a small bowl, whisk together the wine, mustard and green onions.
- Pour the mixture evenly over the duck breasts, and then turn the breasts to coat them evenly.
- Cover and refrigerate for 4 hours.
- Preheat an oven to 200°F.
- Remove the duck breasts from the marinade and pat dry with paper towels.
- Season them *lightly* with salt and pepper.
- In a large fry pan over medium heat, melt the butter.
- Place the duck breasts, skin side down, in the pan and cook until the skin is crisp and golden, about 5 minutes.
- Turn the breasts over and continue cooking until medium-rare (about 145°F), about 8 minutes more.
- Transfer the duck breasts to a plate, cover loosely with aluminum foil and place in the oven to keep warm.
- Warmed individual serving plates in oven.
- To make the sauce, drain off all but 3 Tbs. of the fat from the pan and set the pan over medium heat.
- Add the green onions and mushrooms and sauté until *lightly browned*, about 3 minutes.
- Stir in the wine, stock and demi-glace, increase the heat to medium-high and cook, stirring often, until the mixture is reduced by

one-fourth and coats the back of a spoon, about 15 minutes.

- Remove from the heat and whisk in the butter.
- Season with salt and pepper.
- To serve, cut each duck breast against the grain into slices 1/2 inch thick. Divide the slices evenly among warmed individual plates, fanning them. Spoon the sauce over and around the slices.

Ingredient List

- 4 boneless whole duck breasts, each about 3/4 lb.
- 1/2 cup Pinot Noir
- 1 Tbs. Dijon mustard
- 2 green onions, including tender green tops, chopped
- Coarse salt and freshly ground pepper, to taste
- 2 Tbs. unsalted butter

For the Pinot Noir sauce:

- 3 green onions, including tender green tops,
 - chopped
- 1/2 lb. small fresh shiitake mushrooms, brushed
 - clean and stems removed
- 1 cup Pinot Noir
- 1 cup reduced-sodium chicken stock
- 3 Tbs. demi-glace
- 1 Tbs. unsalted butter
- Salt and Pepper to taste.