

# Seared Duck Breast Salad



**Source:** William Sonoma  
**Serving Size:** 4  
**Prep Time:** 30 Minutes  
**Cooking Time:** 40 minutes

1. 2 boneless duck breast, each 4 to 6 oz.
2. Salt and freshly ground pepper, to taste
3. 3 Tbs. Sherry Vinegar
4. 7 Tbs. extra-virgin olive oil
5. 1 head Radicchio, washed and torn into 1-inch strips
6. 2 heads Fisée, washed and trimmed of thick green parts
7. 1/2 cup walnuts, coarsely chopped, then toast it
8. 2 oranges, peeled and cut into segments
9. soft fresh goat cheese or Parmigiano-Reggiano

This is a great salad to serve as a first course or a light entrée. You can vary the fruit depending on the season—try cherries in the spring or pomegranate seeds in the winter. Cheeses such as Parmigiano-Reggiano or a soft fresh goat cheese are also a nice addition.

- Season the duck breast halves with salt and pepper.
- Using a sharp knife, score the skin by making a crisscross pattern, being careful not to cut into the meat.
- Heat a large sauté pan over medium-low heat.
- Place the duck, skin side down, in the pan and cook until the skin is very crisp and golden, 12 to 15 minutes.
- **WHILE the DUCK is cooking, prepare the salad**
- Turn the duck over and sear the other side, then continue cooking until the duck is just springy when pressed with a finger for rare to medium-rare, 3 to 5 minutes more, or until done to your liking.
- **Let the duck rest for 3 to 5 minutes before carving.**
- Put the vinegar in a small bowl and add the olive oil in a slow, steady stream, whisking constantly until well blended. Season the vinaigrette with salt and pepper.
- In a large bowl, toss together the radicchio and frisée.
- Pour half the vinaigrette over the greens and toss to combine.
- Divide the salad among 4 plates and scatter the walnuts and orange segments over the salads, dividing evenly.
- Using a sharp carving knife, slice the duck across the grain into very thin slices and divide the duck among the salads.
- Drizzle with the remaining vinaigrette, making sure to drizzle some over the duck and orange segments.