

# DUCK BREAST IN CARAMEL WITH ORANGES

Serves 4

## INGREDIENTS:

- Two Ducko duck breasts (approximately 400g each with the skin-on)
- 25g Kosher salt (divided)
- 30ml Duck fat or unsalted butter
- Zest and juice of 2 oranges (plus extra slices for garnish)
- 200g Granulated sugar
- 500ml Duck or chicken stock
- 15g Unsalted butter (for sauce)
- 8 Thyme sprigs (optional)



Serving Suggestion

## METHOD

### 1. Prepare the duck:

- Score the duck skin in a crosshatch pattern, avoiding cutting into the meat. Sprinkle with 20g salt and chill, skin-side up, uncovered, for 8 hours or overnight.

### 2. Cook the duck:

- Heat a large skillet over medium heat. Place the duck breasts skin-side down and cook without disturbing for 10 - 12 minutes, rendering the fat to achieve a golden, crispy skin.
- Increase heat to medium-high, gently turn the duck, and cook for another 4 - 6 minutes until the internal temperature reaches 55°C for medium-rare. Transfer to a cutting board to rest for 10 minutes.

### 3. Make the caramel sauce:

- In a large skillet, melt the sugar over medium heat, while occasionally swirling the pan, until it forms a golden caramel. Carefully add the orange juice (it may splatter) and stir until smooth.
- Reduce the heat to medium and stir in the duck stock. Let the mixture simmer, stirring occasionally, until reduced to a thick, syrupy consistency (about 45 - 50 minutes). Stir in the butter to finish the sauce.

### 4. Slice and serve:

- Slice the rested duck breasts into thin slices and arrange on a serving platter.
- Drizzle the caramel-orange sauce over the slices and garnish with orange zest, thyme and fresh orange slices.



DUCKO FOODS