Roast Duck Breast with Crushed Cranberry Compote
Serves 4
Courtesy of Sur La Table Chef Jordan Carfagno, for demo November 13th, 2015

For the Duck Breast:
2 (12 to 16 ounce) duck breasts, skin on
Kosher salt and fresh ground black pepper
2 tablespoons grape seed oil

For the Cranberry compote:
2 cups fresh cranberries
1 small white onion, finely diced
Kosher salt and freshly cracked black pepper, to taste
1 tablespoon molasses

1. Score the skin (but not the meat) in a cross-hatch pattern, making the cross-hatches about 1/2-inch across; this helps the fat render and will give you a crisper skin. Generously season the duck breasts with salt and pepper.

2. Add the duck breasts, skin-side down, to a cold dry cast-iron skillet, then set over medium heat. Cook skin side down for about 8 to 10 minutes, slowly rendering down the fat, then flip over and cook flesh side down for 2 to 4 minutes more. (While rendering a lot of fat will be produced; pour this off regularly into a bowl or jar and keep for use in a future recipe.) Transfer breasts to a rack set over a rimmed baking sheet and tent loosely with foil to keep warm.

3. While the duck is resting, crush the cranberries in a mortar and pestle until they’ve broken open. Season with a pinch of salt and mix with the diced onions.

4. Heat the empty duck pan back to medium heat and add the crushed cranberries and onion. Sauté for 2 minutes until translucent, then add the molasses and ¼ cup water and stir, scraping up any brown bits from the bottom of the pan. Reduce the heat to medium-low and simmer for 3 to 5 minutes until the mixture thickens slightly. Taste and adjust the seasoning with salt and pepper.

5. Slice the duck as desired and serve with the cranberry compote.

Recipe courtesy of Sur La Table Chef Jordan Carfagno

For more recipes and information about Food Fridays visit: http://bit.ly/foodfridays