

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 crispier 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.

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