

ROASTED DUCK BREAST
WITH PECAN PURÉE

Recipe by The Grill Room, New Orleans



PAIR WITH:
"LEONARDINI VINEYARD"
CABERNET SAUVIGNON

INGREDIENTS

FOR THE PECAN PURÉE:

1 ounce unsalted butter
1/2 pounds pecans
2 ounces brown sugar
1/4 teaspoon cayenne pepper
3/4 tablespoon hot sauce
8 ounces duck or chicken stock, divided
Pinch of salt

FOR THE DUCK BREASTS:

2 cups orange juice
2 cardamom pods
2 cloves
1 teaspoon coriander
1 teaspoon allspice
1 cinnamon stick
4 duck breasts, 5-8 ounces each
1 tablespoon cooking oil
1½ teaspoons salt
¼ teaspoon black pepper

PREPARATION

- Place heavy-bottomed saucepan over medium heat. Add butter and heat until frothing subsides and solids turn light brown. Add pecans, and stir to coat. Add brown sugar and cayenne pepper. Stir to combine. Mixture should begin to stick to pecans. If needed, add a bit more brown sugar to tighten mixture. Deglaze with hot sauce. Add stock, and bring to boil over high heat. Reduce to simmer. Cook until pecans are soft and fully cooked, about 30 minutes. Transfer mixture to blender and purée until smooth. Pass through a fine mesh sieve. Season with a pinch of salt. Set aside.
- For spiced jus, combine orange juice, cardamom, cloves, coriander, allspice and cinnamon in saucepan. Reduce over medium heat until orange juice is darkened and syrupy. Add remaining duck stock. Reduce until about a cup of liquid remains and sauce is slightly thickened. Reserve.
- Place sauté pan over high heat. Add 1 tablespoon cooking oil. Season duck breasts with salt and pepper. Place breasts in pan, skin-side down. then reduce heat to low. Slowly render fat from skin, occasionally draining from pan. When skin is fully rendered, turn breasts over. Add 1 tablespoon of butter to the pan and baste until duck is cooked medium-rare, about 2 minutes. Rest duck for 2-3 minutes. Reheat pecan purée, and divide among 4 plates. Slice breasts thinly and place atop purée. Spoon jus over breasts and serve.