

Pan Seared Mallard Breast with Blueberry Balsamic Reduction

This recipe offers a taste of the north woods, available any time of year, with an abundant berry and one of our most treasured and plentiful ducks. For this one we will cook the sauce first as it takes a bit longer than the duck to finish. I like to use cast iron as a searing pan and with the duck fat, the skin crisps up quite nicely. This is quite a simple and relatively quick recipe. I suggest serving this with a stout beer or your favorite Malbec.



INGREDIENTS

- 4 Wild duck breast halves (plucked and pin feathers removed, skin left on)
- Salt and pepper to taste
- 1 tablespoon of rendered duck fat
- ¾ cup of blueberries
- 2 cloves of garlic
- ½ cup of Balsamic vinegar
- 3 tablespoons of white sugar

SAUCE DIRECTIONS

(TIP): be sure to take your duck breasts out so they can get to room temperature when you begin this process)

Place the blueberries, garlic, and sugar in a saucepan and on medium low heat, mash the blueberries with any appropriate kitchen utensil and simmer for five minutes.

After the blueberries are soft and mushy, add the Balsamic vinegar, reduce heat and simmer gently for roughly 12-14 minutes, until sauce has reduced and sticks well to the spoon.

(TIP): with five minutes left to go, start your cast iron pan heating up and prepare to sear the duck breast)

DUCK BREAST DIRECTIONS

NOTE: Wild duck should be served at no more than medium-rare, and closer to rare is better. It is also important to note that amazing things happen when you take the extra few minutes to pluck your duck breasts and leave the skin on.

If you set your duck breasts out at the beginning of the sauce making process, they will now be ready to go. If you have started your pan heating up earlier, it will be ready to go as well. Take a sharp knife and gently score the skin side in a crisscross pattern.

Place a tablespoon of rendered duck fat into the hot pan.

Place the meat side down first for 30-45 seconds, rolling to get the edges.

After the flash sear, place the breasts skin side down until the internal temperature reaches 120 degrees Fahrenheit.

Set the breasts aside and let rest for five minutes, then drizzle the blueberry Balsamic reduction over them and enjoy. 🍴

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