



DUCK BREAST 101

If you can cook a steak, you can sear a duck breast. It's a perfect weeknight meal, and one of our favorite simple recipes. Here are some tips and tricks to help you make your best duck dinner.

CHOOSE YOUR DUCK BREAST

ROHAN



D'ARTAGNAN EXCLUSIVE
Hybrid heritage duck
Fine, rosy flesh
Air-chilled for crispy skin
Rich duck flavor
Petit 7oz breasts
Serves 1

FLAVOR SCALE:

MUSCOVY



AKA BARBARY DUCK
A favorite among chefs
Deep red flesh
Leaner, thin skin
Mildly gamey flavor
Medium 8oz breasts
Serves 1-2

FLAVOR SCALE:

PEKIN



AKA LONG ISLAND DUCK
Most popular duck in the US
Dark pink flesh
Soft, fatty skin
Mild, sweet flavor
Medium 8-10oz breasts
Serves 1-2

FLAVOR SCALE:

MOULARD MAGRET

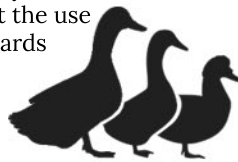


"THE DUCK STEAK"
Most popular duck in France
Dark red meaty flesh
Firm, thick skin
Ultra-rich flavor
Large 14oz breasts
Serves 2-3

FLAVOR SCALE:

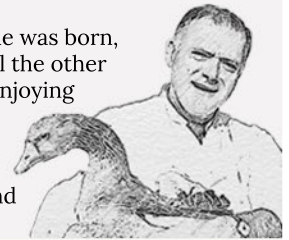
ABOUT OUR DUCK:

Since our founding, D'Artagnan has defined the highest quality in duck. All our duck comes from small-scale family farms; each of which is dedicated to humane farming, without the use of antibiotics or hormones. Our exacting standards result in products that are flavorful, consistent and prized by professional chefs and home cooks alike.



A Tradition of Duck ...

In Southwest France, where our founder Ariane was born, duck is virtually a religion. From foie gras to all the other tasty parts, they have perfected cooking and enjoying duck. Her father, André Daguin, was the first chef to cook duck breast like a steak years ago in his hotel-restaurant in Auch, France. Today, you will find it on menus around the world—and it should be on your home table, too.



3 STEPS TO SEARED DUCK BREASTS

SCORE & SEASON

With a sharp knife, score the skin in a cross-hatch pattern. Cut only through the fat, not the meat. Season both sides liberally with kosher salt & black pepper.



RENDER & SEAR

Heat a dry skillet over med-high. Sear skin-side down until fat has rendered and skin is deep brown & crisp. Drain excess fat as it accumulates*, if needed. Turn over; cook until an instant read thermometer registers 130 F in the center of the breast.



REST & SLICE

Remove duck breasts from the pan; rest skin-side up on a cutting board for 7-10 minutes**. Slice breasts against the grain into 1/4" slices. Serve immediately.



***Don't Throw Out That Fat...**

Incredibly tasty with a silky mouth-feel, duck fat enhances anything it touches. Use it to roast potatoes, sauté veggies, and sear meats or poultry.

DUCK FAT = LIQUID GOLD

Allow the liquid fat to cool slightly, then strain into a clean, sealable container using a fine sieve lined with cheesecloth. Store the duck fat covered in the fridge up to 6 months or in the freezer for a year.

PAN-SAUCE PERFECTION



Our duck & veal demi-glace is the best base for a great pan-sauce.

**While the duck is resting, pour off all but 1 tbs. of fat. Sauté some aromatics, such as shallot, onion, or cherries, over med. heat until softened. Raise heat to med-high; deglaze with a splash of alcohol, like Armagnac, red wine, or Porto, scraping up any browned bits from the pan. Cook for about 30 seconds to burn off the raw alcohol taste. Whisk in demi-glace. Cook until reduced enough to coat the back of a spoon. Whisk in a generous pat of butter or a splash of cream. Season if needed then serve.