



Duck a l'orange

Oscar · 29/09/2024



Prep Time

15 mins

Difficulty

Medium

Servings

50 mins

Description

Duck a l'orange is one of those classic dishes that somehow became a cliché and people stopped making it for fear of looking uncool which is too bad since it's really good. This is traditionally done with a whole roasted duck but by using duck breasts we get pretty much the same results in a lot less time.

Ingredients

- 2 duck breast halves - salt to taste - 1 cup chicken broth - 2 tablespoons orange liqueur (such as Grand Marnier) - 1 tablespoon sherry vinegar - 1 tablespoon Seville orange marmalade
- or more to taste - 2 teaspoons grated orange zest - 1 pinch cayenne pepper - 1 tablespoon reserved duck fat - 1 teaspoon all-purpose flour - 1 tablespoon butter

Instructions

1. Score duck skin almost all the way through the skin and fat each way on the diagonal in a crosshatch pattern. Generously season with salt and rub salt into each breast. Let rest
2. skin-side up
3. at room temperature
4. for 15 minutes. Whisk chicken broth
5. orange liqueur
6. sherry vinegar
7. orange marmalade
8. orange zest
9. and cayenne pepper together in a small bowl. Pat duck breasts dry with paper towels. Re-season skin-side of duck breasts with salt. Heat duck fat in a heavy skillet over medium heat for 2 minutes. Place duck in skillet
10. skin-side down
11. and cook for 6 minutes. Flip duck breasts and cook until they start to firm and are reddish-pink and juicy in the center
12. about 4 minutes more. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C). Transfer breasts to a plate to rest. Pour any rendered duck fat into a glass jar. Return skillet to medium heat and whisk flour into pan; cook and stir until flour is completely incorporated
13. about 1 minute. Pour orange mixture into skillet; bring to a boil. Cook until sauce thickens and is reduced
14. 3 to 5 minutes. Reduce heat to low. When orange mixture stops bubbling
15. add butter; stir until butter is completely melted and incorporated into the sauce
16. about 1 minute. Season with salt to taste. Slice duck breasts across the grain
17. arrange on a plate
18. and spoon orange sauce over the top. Recipe Tip You can substitute vegetable oil for the duck fat.