



Sous Vide Duck Breast

Savannah · 30/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

2 hrs 25 mins

Description

How about a sous vide duck recipe made with a simple almost foolproof stovetop method that requires no special equipment Too good to be true Well Im happy to report its so very true and produced what my wife and I agreed was the best duck breast weve ever had

Ingredients

- - 2 (8 ounce) boneless duck breast halves
- skin on - salt and ground black pepper to taste - 2 teaspoons fresh thyme leaves - 1 teaspoon vegetable oil

Instructions

1. Cut several very shallow crosswise slashes across the skin of each duck breast about 1/2 inch apart. (The cuts should only barely cut into the skin and fat; don't cut into the meat.) Season skin sides with salt
2. then generously season meat sides with salt
3. pepper
4. and thyme. Place into a heavy-duty resealable plastic bag
5. squeeze out all the air
6. and seal. Refrigerate for 1 hour. Fill a large Dutch oven about 2/3 full with water and place over medium heat; heat to 135 degrees F (57 degrees C). Attach a candy thermometer to the side of the Dutch oven in order to monitor and maintain the water temperature. Place a silicone hot pad into the bottom of the pot to keep the plastic bag from contacting the bottom of the pan. Place the sealed plastic bag into the Dutch oven. Cook
7. moving the bag around occasionally and adjusting the heat as necessary to maintain the temperature at 135 degrees F (57 degrees C)
8. for 1 hour. Remove duck breasts from the plastic bag and pat dry. Generously season skin sides with salt. Heat oil in a skillet over high heat. Place duck breasts
9. skin-side down
10. in the hot skillet until fat renders and skin is golden brown
11. 5 minutes. Turn breasts over and cook until lightly browned and meat still pink in the center
12. 1 minute. Let rest for 2 minutes before slicing. Chef John Editor's Note: USDA recommends cooking duck breast to a safe minimum internal temperature of 165 degrees F (74 degrees C) as measured using a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast.