

PanSeared Duck Breast with Blueberry Sauce

Savannah · 30/09/2024



Prep Time

1 hr 30 mins

Difficult

Medium

Servings

4

Description

Panseared duck breast with blueberry sauce atop a bed of bok choy wild mushrooms pancetta and shallots
Served with a side of roasted potatoes seasoned with rosemary and thyme

Ingredients

- - 1 tablespoon crushed dried rosemary - 2 teaspoons salt - 1 ½ tablespoons dried thyme leaves - 1 teaspoon freshly ground black pepper - 3 tablespoons olive oil - 4 potatoes
- cubed - 2 pints fresh or frozen blueberries - ½ cup water - ½ cup apple juice - ½ cup white sugar - 1 jalapeño pepper
- finely chopped - 3 slices pancetta or bacon
- cut into thin strips - 6 shallots
- thinly sliced - ½ cup sliced shiitake mushrooms - 2 pounds bok choy
- sliced - 4 (8 ounce) boneless duck breasts - 2 tablespoons vegetable oil - 1 tablespoon unsalted butter - 2 tablespoons aged balsamic vinegar

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Combine rosemary
2. salt
3. thyme
4. and black pepper in a small bowl; reserve for seasoning potatoes and duck. Toss cubed potatoes in a 9x13-inch baking dish with olive oil; sprinkle with 2 tablespoons spice blend until evenly coated. Spread into a single layer across the bottom of the baking dish; bake in the preheated oven
5. 35 to 40 minutes. While potatoes roasting
6. combine blueberries
7. water
8. apple juice
9. sugar
10. and jalapeño in a small saucepan. Bring to a boil over medium-high heat
11. then reduce heat to low; simmer until reduced to the consistency of syrup
12. about 10 minutes. Cook pancetta in a large skillet over medium heat
13. turning occasionally
14. until crispy. Drain on paper towels; reserve drippings in the skillet. Add shallots and mushrooms to the skillet; cook and stir until soft and just beginning to brown. Transfer shallots and mushrooms to a bowl; set aside. Increase heat to medium-high; add bok choy to the skillet. Cook and stir until leaves wilted and white stalks tender
15. about 5 minutes. Return shallots
16. mushrooms
17. and pancetta to the skillet
18. set aside off heat. Rinse duck breasts; pat dry. Rub remaining spice blend onto both sides of breasts. Heat a large skillet over medium-high heat
19. when hot
20. add vegetable oil and butter. Immediately place breasts in the skillet
21. skin and fat sides down. Do not move breasts until the skin is deep brown
22. about 5 minutes. Flip breasts; cook until an instant-read thermometer inserted into the thickest part reads 160 degrees F (71 degrees C) for well done. Transfer breasts to a plate; cover with foil and rest 5 minutes. While breasts resting
23. heat bok choy mixture over medium heat until warmed through. Slice breasts diagonally into 1/2-inch strips. Divide bok choy mixture among four plates; drizzle each with 1/2 tablespoon aged balsamic vinegar; arrange sliced breasts on bok choy
24. then ladle on blueberry sauce. Serve potatoes on the side. Allrecipes