



Prep Time: 5 min.

Cook Time: 12 min.

Duckling Breast

- 1 pound all-natural duckling breast (2 breasts)
- Salt, pepper and garlic powder to taste

DIRECTIONS: Rinse breast and pat dry. Cut into 2 lobes at the median (the center where the wishbone would be if it were bone in). Score skin to allow better fat rendering, this allows the skin to be crisper as well as rendering off the fat. Be sure not to cut through the fat layer to the meat of the breast as it will cause the breast to over-cook and dry out.

Season with salt , pepper and garlic powder; liberally on skin side, less so on meat side. Put the breast skin side down in a cold, heavy skillet (cast iron or stainless is great). Heat skillet to med-high just until you hear the sizzle begin, then turn heat down to low-medium.

Cook skin side down for approximately 10 minutes (adjust for size variance) the duck will become fragrant and the skin should be a golden-brown crisp before flipping. Flip to flesh side for 2 minutes. Remove from heat. Use a meat thermometer to ensure duck has reached at least 120 degrees F. Let rest for 5 minutes



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