



SPOTLIGHT RECIPE

PAN-SEARED DUCK BREAST WITH BLACKBERRY GLAZE

Native American pan-seared duck highlights the deep connection between Indigenous communities and the seasonal cycles of the land. In many traditions, duck is a vital migratory harvest, traditionally hunted in the fall to provide essential fats and proteins for the winter months.

SERVES 6



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INGREDIENTS

- 6 duck breasts
- 1/2 teaspoon salt
- 3/4 teaspoon black pepper
- 2 teaspoons orange zest
- 2 teaspoons ground juniper berries
- 1 teaspoon chicken base
- 1/2 cup orange juice
- 3 tablespoons red wine vinegar
- 1 teaspoon thyme leaves, chopped
- 1 cup blackberries
- 1 tablespoon butter

DIRECTIONS

Preheat the oven to 350 F.

Score and season the duck breasts with salt, pepper, orange zest and the ground juniper.

In a heavy cast-iron skillet, sear over medium-low heat to render the fat slowly for 8 to 10 minutes. Once the skin is deep golden and crisp, flip and sear the meat for 3 to 4 minutes for medium-rare.

Add the breasts to a sheet pan and cook in the oven for 5 to 7 minutes. Let the breasts rest for 5 to 8 minutes before slicing.

In a pot, add the chicken base, orange juice, vinegar, thyme and blackberries. Simmer until reduced by half, then whisk in the butter for a glossy finish.

