



DUCK BREAST

Scoring & Rendering

The secret to having crispy duck breast skin is to score the skin and sauté the breast on its skin side over low heat, so the fat has a chance to render or melt out of the skin. By properly cooking duck, you can eliminate 70% of the fat, which leaves a delicious, crisp skin that adds to the distinct flavor of the meat.

1

Thaw duck breasts and remove from package. Pat duck breast dry with paper towels.



2

Score skin into ¼ inch intervals. (Do not cut into breast meat). Rotate breast and score again, making a criss-cross pattern. Season with salt and pepper or preferred seasoning or marinades.

3

Preheat griddle to 325°F or Teflon pan to low-medium low. Place breast skin-side down for 8–12 minutes or until fat is rendered and skin is crisp and brown. Low and slow is the way to go.

4

Turn breast over and cook 1–2 minutes. (Duck can be refrigerated at this point then finished at a later time. See Holding Procedure instructions.)

5

Place duck breasts in 350°F oven for 5–6 minutes or until internal temperature reaches 155°F. Let product rest 4–5 minutes before slicing. Temperature will continue to rise during resting period and should reach 165°F.

Final cooking times may vary with breast size.



Holding Procedure for Par-cooked Duck Breasts

Score skin and cook duck breast skin side down per cooking procedure. After 8–12 minutes of skin side cooking, turn and sear meat side of breast 1–2 minutes. Chill breast on cold sheet pan in cooler/freezer; wrap and store in refrigerator. At this point, breast will be rare and will keep 3–4 days in the refrigerator. To finish, place in 400°F oven 6–8 minutes or grill to desired doneness. *Final cooking times may vary with breast size.*