

Pan-Seared Duck Breast

Thanks to Second City Prime Steak and Seafood for the duck breast

Ingredients

2 Second City Prime duck breasts
4 tbsp olive oil
Kosher salt and pepper to taste
1 cup dry red wine
1 tbsp Worcestershire sauce
½ tbsp orange zest
½ cup fresh orange juice
1 tbsp unsalted butter
2 sprigs fresh tarragon for garnish

Equipment

Big Green Egg Cast Iron Skillet
EGGspander convEGGtor Basket
Half Baking Stone

Method

Set your EGG up with the EGGspander convEGGtor Basket with one side direct cooking and the other side indirect cooking with a half baking stone at 375°F/191°C.

Place the cast iron skillet on the direct side of the EGG right before you are ready to cook. Score the fat of the duck breast and season with salt and pepper. Add olive oil to the cast iron skillet and place the duck breast fat side down in the skillet and bring the temperature of the skillet up along with the duck breast to ensure a crispy crust. Cook 10-15 minutes (or until the fat is golden brown). Flip and cook for 1-2 minutes. Remove from the EGG and set aside.

In the skillet, add red wine, orange juice, orange zest and Worcestershire sauce. Cook until the liquid is reduced by half. Remove from the EGG and add butter. Stir the sauce until smooth. Season with salt and pepper to taste.

Serve the duck breast sliced with skillet sauce, topped with fresh tarragon as a garnish.

Big Green Egg
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