



Sicilian Spiced Duck Breast with Preserved Orange

Serves 4



For the Spice Rub

2 Tbsp fennel seeds
1 tsp chili flakes
2 Tbsp Paprika
½ orange zested

1. Remove all the white pith from the orange. Place in a 200 degree oven until dried slightly, about 1 hour.
2. In a sauté pan over low heat, warm the fennel seeds and chili flakes until fragrant. Remove from the pan and allow to cool.
3. Combine the zest, fennel seeds, and chili flakes. Place in a spice grinder and grind.
4. Add the paprika to the mixture and reserve.

For the vegetables

2 ea Belgian endive
4 ea baby red beets
4 ea baby carrots, peeled

1. Cut the endive in half lengthwise and place in a sauté pan with a little extra virgin olive oil. Season with a little salt and chili flakes. Add 2 tbsp chicken stock and cover with aluminum foil. Cook in a 350 degree oven until tender, about 20 minutes. When cooked allow to cool.
2. Season the beets with extra virgin olive oil, salt, a sprig of rosemary, and a sprig of thyme. Wrap in aluminum foil and add 1 tbsp water (this will help steam the beets). Close the aluminum foil and roasted until tender about 45 minutes. Allow the beets to cool slightly and peel with a paper towel, removing the stem and the skin. Cut the beets in half and reserve.
3. Cut the carrots in lengthwise, if very large. In a sauté pan with a little extra virgin olive oil, roast the carrots with a sprig of thyme. Season with salt and cook until the carrots are caramelized and tender. Reserve.

For the preserved orange

½ orange, cut in 1/8" slices
1 ea shallot, sliced thin
pinch chili flakes
pinch salt
½ cup extra virgin olive oil



1 sprig thyme

1. Place the oranges in a small oven-proof container or small casserole.
2. Season with a little salt and chili flakes
3. Sprinkle the sliced shallots over, add the oil and thyme to the casserole. Cover with aluminum foil and cook in a 350 degree oven until tender about 45 minutes. Allow to cool in the oil.

For the Sauce

½ cup shallots, sliced thin
pinch red chili flakes
2 Tbsp orange juice
1 ea sprigs thyme
2 cups homemade brown chicken stock
1 small sprig rosemary
1/2 ea clove garlic, sliced thin
1/4 ea rind of an orange, white removed

1. In a sauce pan, add a little oil and caramelize the shallots.
2. Add the chili flakes and continue to cook until nicely caramelized.
3. Deglaze with orange juice and continue cooking until the juice has reduced by half.
4. Add thyme sprigs and chicken stock.
5. Continue cooking until chicken has reduced and is flavorful.
6. Add rosemary and garlic cloves. Allow to cook 15 more minutes on low heat.
7. Finish with orange rind and allow to steep 10 minutes.
8. Strain and reserve.

For the duck breast

4 ea 6 oz breast of duck
salt

1. Sprinkle the spice mix liberally over the flesh side of the duck breast and allow to sit at least a hour. Over night in the refrigerator is better though.
2. Season duck with salt and cook slowly skin side down to render the fat from the skin..
3. Finish cooking in a 350 degree oven. Should be medium-rare.
4. Meanwhile, caramelize the endive in a sauté pan by placing it cut side down in the pan. Reheat the beets and carrots.
5. Allow the duck breast to rest and then slice into 3 or 4 lengthwise sections.
6. Plate the orange in the center of the plate.
7. Top with vegetables and then the duck.
8. Sauce and garnish.