

# Gourmet Duck Secrets



## Bringing Only the Best to Your Table: Your Guide to Selecting a Superior Duck Breast

When you are looking to impress your dinner guests, you need to ensure that you are serving them impressive dishes created with only the highest quality meats. Duck breasts are a tasty and healthy alternative to the every-day steak or chicken entree. These duck meats are in demand nationwide, and this trend is not declining.

If you haven't considered duck as one of your main dishes, your next dinner is the perfect opportunity to show your guests your exquisite and innovative taste. While you may not know much about duck now, this guide will teach you what you need to know to select fresh, healthy, and high-quality duck breasts when you are shopping for meats. It will also provide you with some delectable duck breast recipes to inspire you as you create your memorable duck entrees.

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### **What You Need to Look for When Buying Duck Breast Meat:**

When shopping for poultry, it is important to make sure you have the most healthful and flavorful meats. You also need to make sure you've found duck products that allow you to be creative in the kitchen. This guide will review the following buying criteria to ensure you bring only the best duck to your table.

- Breast Meat-to-Fat Ratio**
- Level of Duck Breast Processing**
- Availability**

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**"Guaranteed to be the tastiest duck you'll ever eat"™**



## Breast Meat-to-Fat Ratio

To have a great tasting duck breast, you need a specifically balanced ratio of fat-to-meat. Too much fat and the meat is greasy. Too little fat and the meat is bland and dry.

There is quite a lot that goes into raising a duck that has the perfect balance of fat and meat. Growing the perfect duck is a feat of veterinary science, and requires years of farming and breeding experience. A good meat-to-fat ratio will provide you with a rich taste that is sure to please even your most discerning diner. Having a proper meat-to-fat ratio is also critical to maintaining tenderness when cooking meat products.

## Level of Duck Breast Processing

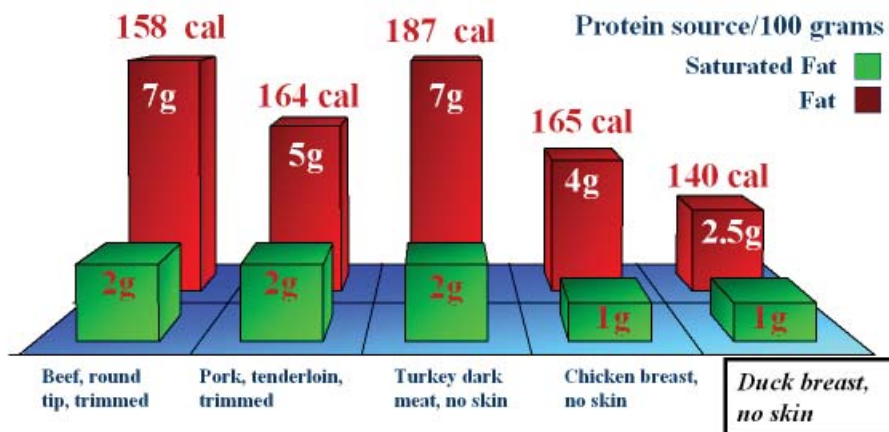
When shopping for duck breasts and other products, you'll want to find a supplier that provides you with a number of options as to the level of processing. Different dishes require different cuts of meat, and you need the highest quality meats at every level of processing.

When shopping for duck breast meat, you can purchase it as part of a whole bird, as whole breasts, or half breasts. You need to find a purveyor that has products at each of these processing levels to ensure you have the whole ducks you need for delectable Duck Peking, or the half breasts you need for a delicious Duck Breast Porchettata. With the most exemplary suppliers, you will enjoy delicious, quality meats, so matter how much they have been processed.

## Availability

Your dinner guests are going to love the duck you serve them, and they're certainly going to want more. When shopping for duck breast, it's important to keep future availability in mind.

Some suppliers will only make frozen duck meats available for purchase. If you want fresh meats during the season, you will have to seek out a purveyor who makes both fresh and frozen duck meats available to you year-round. These suppliers will be able to keep you with enough duck to satisfy all of your frequent dinner guests.



*Duck breast is a healthy, low-fat alternative to other meats*

## **Joe Jurgielewicz & Son Boneless Duck Breasts:** **Available Fresh and Frozen**



- Whole boneless breasts are not split, giving chefs the options to use their own preparations, imaginations, and cooking skills
- Not marinated; all natural flavor from perfect meat/fat ratio
- Packed 2 breasts/vacuum bag
- 10 bags/case = 20 breasts/case
- Remember: One whole 16 oz. breast = two 8 oz. lobes.

For ordering information, visit: <http://www.tastyduck.com>

### **Joe Jurgielewicz & Son - Providing the Highest-Quality Duck for Your Favorite Duck Dishes**

Joe Jurgielewicz & Son have been providing customers with the finest quality ducks for over 20 years. Using veterinary science, vertical integration, and four generations of experience on the family farm, Jurgielewicz & Son ensures the quality of every product bearing their name.

All of the duck meats featured in these recipes are available for purchase from Joe Jurgielewicz & Son. For pricing information, call your Joe Jurgielewicz sales representative at (610) 562-DUCK or visit the website.

For more recipes, product information, and more, visit us at: <http://www.tastyduck.com>



## **Duck Breast Porchettata**

The following list of ingredients provides four servings of this rich duck entree:

- 2 boneless Muscovy duck breast halves (approx. 2 pounds total)\*
- 3-4 garlic cloves, finely chopped
- 2 teaspoons crushed fennel seeds
- 1 1/2 teaspoons chopped rosemary
- 1 1/2 teaspoons extra-virgin olive oil

### **Seasoning the duck**

Preheat oven to 400°F. With skin-side facing downward, place duck breasts onto a cutting board. Season with salt and pepper to taste. In a small bowl, mix together garlic, fennel, rosemary and olive oil. Press the herbs onto the duck breast halves and stack them one atop the other, with the skins facing outward. Tie halves tightly together with cooking string.

### **Cooking for desired doneness**

Heat a large-sized, heavy-duty, oven-safe skillet over medium-high heat. Place breast halves into the pan and brown well on each side, turning occasionally. This will take approximately ten minutes. Pour off fat from skillet, and then move the skillet still containing the duck immediately into oven. Roast to desired doneness, turning occasionally. For a medium preparation, cook the breast halves for around 25 minutes. When desired level of doneness has been reached, remove duck from pan onto a clean work surface to rest for ten minutes.

### **Sauce preparation for plating**

To prepare for plating, pour pan juices into glass cup. Using a spoon, remove the layer of fat from the top. After then ten minute testing period has passed, untie the duck breast halves and cut into half-inch slices. Plate, then drizzle with pan juices and serve immediately.

## **Duck Breast Salad with Brie Toast Garnish**

The following list of ingredients provides two dinner-sized servings of this delectable duck salad:

- 2 7-ounce boneless duck breast halves
- 6 2-inch slices Brie cheese (about 3 oz)
- 6 2-inch slices of your favorite fruit-and-nut bread
- 3 tablespoons olive oil
- 1 1/2 tablespoons Sherry wine vinegar
- 6 cups mixed baby greens
- 1/2 cup walnuts, toasted, chopped
- Dressing or fruit salsa to taste

### **Preparing the duck**

Heat a large, heavy-duty skillet over medium-high heat. Season duck breasts with salt and pepper to taste. Then place the breast halves skin side down in the skillet. Cook to desired doneness, approximately 6 minutes on each side for medium cooking. Remove duck from heat and let stand 5 minutes. Meanwhile, toast your bread slices. Once toasted, top each piece of bread with a single slice of Brie.

### **Garnish and plating**

To create the dressing, whisk together the oil and vinegar in bowl large enough to hold your greens. Add salt and pepper to the mixture to taste. Toss the greens with the dressing, and then place onto plates. Place 3 Brie toasts in center of the salad, fanning outward. Top salad with walnuts. After the duck has rested, either thinly slice duck breasts crosswise; or place one breast on each salad whole. If desired, add an additional dressing or even a complimentary fruit salsa for additional garnish.