

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.

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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>

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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.

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