



Duck Breast with Escarole and Toast

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 diagonally bread 1 french cut (10 oz. total)
- ☐ 0.3 cup chicken broth
- ☐ 2 boned pekin duck breasts
- ☐ 2 heads endive ()
- ☐ 4 servings pickled ginger
- ☐ 2 tablespoons salt
- ☐ 1 tablespoon sugar
- ☐ 4 servings wasabi green prepared (horseradish)

Equipment

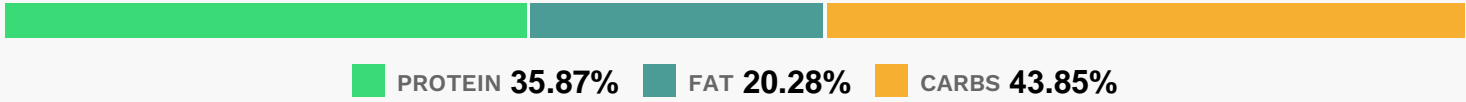
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Pull skin from duck, cutting where needed to release.
- ☐ Lay skin flat in a 9- or 10-inch-wide pan.
- ☐ Bake in a 350 oven until browned, about 30 minutes; turn skin over several times.
- ☐ Drain on paper towels.
- ☐ Pour fat from pan into a container; reserve. Wipe pan clean; set aside. Reduce oven temperature to 300.
- ☐ As skin bakes, mix salt and sugar and rub all over duck breasts. Put meat in a bowl and let stand 15 to 20 minutes, then rinse well and pat dry. Discard liquid that forms.
- ☐ Rinse and drain escarole, trim out core, and coarsely chop leaves.
- ☐ Lightly brush one side of each bread slice with 2 teaspoons reserved duck fat. Set bread, fat side up, in a single layer in a 10- by 15-inch pan.
- ☐ Bake in the 300 oven until pale gold and crisp, 20 to 25 minutes. Keep warm.
- ☐ Put 2 teaspoons reserved duck fat in a 10- to 12-inch ovenproof frying pan over high heat. When hot, add breasts and brown on each side, about 6 minutes total. Put duck and pan in the 300 oven.
- ☐ Bake until breasts are just pink in the center (130 to 140; cut to test), about 5 minutes.
- ☐ Remove from oven. Keeping breasts warm, let stand at least 10 minutes for juices to settle.
- ☐ Meanwhile, finely dice duck skin, return it to its pan, and put in the oven.
- ☐ Bake until sizzling, about 15 minutes. Keep warm.
- ☐ When breasts have rested at least 5 minutes, put 1 teaspoon duck fat and the chicken broth in a 5- to 6-quart pan over high heat.

- ☐
- Add escarole and stir until barely wilted, about 2 minutes.
- ☐
- Using a slotted spoon, transfer escarole to 4 warmed dinner plates.
- ☐
- Slice duck breasts across the grain and lay equal portions on plates.
- ☐
- Sprinkle with duck skin. Accompany with toast, wasabi, and pickled ginger.

Nutrition Facts



Properties

Glycemic Index:47.19, Glycemic Load:16.66, Inflammation Score:-10, Nutrition Score:44.806086871935%

Flavonoids

Kaempferol: 22.73mg, Kaempferol: 22.73mg, Kaempferol: 22.73mg, Kaempferol: 22.73mg

Nutrients (% of daily need)

Calories: 349.36kcal (17.47%), Fat: 7.93g (12.19%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 38.54g (12.85%), Net Carbohydrates: 28.92g (10.52%), Sugar: 6.85g (7.61%), Cholesterol: 87.3mg (29.1%), Sodium: 3922.51mg (170.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.53g (63.06%), Vitamin K: 522.49µg (497.61%), Vitamin B12: 14.69µg (244.88%), Vitamin A: 4938.8IU (98.78%), Folate: 374.89µg (93.72%), Manganese: 1.65mg (82.51%), Vitamin B1: 0.87mg (58.14%), Selenium: 39.27µg (56.1%), Iron: 9.07mg (50.37%), Vitamin B6: 0.8mg (40.02%), Vitamin B3: 7.95mg (39.75%), Vitamin B2: 0.66mg (39.07%), Fiber: 9.63g (38.5%), Phosphorus: 350.35mg (35.03%), Vitamin B5: 3.4mg (34.02%), Copper: 0.66mg (32.99%), Potassium: 1124.27mg (32.12%), Vitamin C: 23.89mg (28.96%), Zinc: 3.25mg (21.7%), Magnesium: 85.69mg (21.42%), Calcium: 199.73mg (19.97%), Vitamin E: 1.1mg (7.37%)