



Pan Seared Duck with Red Chile Pear Sauce, Bourbon-Brown Sugar Asian Pear Relish and Potato-Blue Cheese Cakes

READY IN



60 min.

SERVINGS



4

CALORIES



1155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 0.5 cup domestic cheese blue crumbled
- ☐ 8 cups chicken stock see homemade
- ☐ 2 new mexican chiles whole red
- ☐ 1 cinnamon sticks
- ☐ 1 cup cooking wine dry red
- ☐ 4 duck breasts

- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup panko bread crumbs for coating
- ☐ 3 asian pears diced peeled seeded
- ☐ 3 pears peeled halved seeded
- ☐ 2 cups potatoes cold mashed
- ☐ 1 large onion red finely chopped
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 star anise
- ☐ 2 tablespoons butter unsalted cold

Equipment

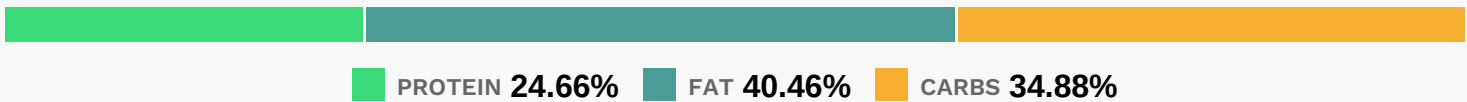
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Heat a large saute pan over medium-high heat. Season the duck with salt and pepper on both sides and cook, skin-side down, until golden brown, drain the fat, turn the breast over and continue cooking in the oven to medium-rare doneness, about 4 to 5 minutes.
- ☐ Place 2 Potato-Blue Cheese Cakes on each plate.
- ☐ Place one duck breast on top of the potato cakes, and drizzle the Red Chile Pear Sauce around the plate and on the ends of the duck breasts.
- ☐ Place a few teaspoons of the Asian Pear Relish on top of each of the duck breasts.
- ☐ Combine the potatoes, bread crumbs and blue cheese in a medium bowl. Season with salt and pepper to taste. Form the mixture into eight 2-inch cakes. Chill in the refrigerator for 30 minutes. Dredge the cakes lightly in more panko crumbs.

- ☐ Heat the oil in a large saute pan over high heat. Cook the cakes until golden brown on both sides.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add the onion and cook until soft.
- ☐ Add the wine and cook until reduced.
- ☐ Add the stock, chiles, cinnamon, anise, and pears, and cook until reduced by 1/
- ☐ Strain the sauce into a clean saucepan and cook to a sauce consistency, and can coat the back of a spoon thickly.
- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add the pears and cook until lightly golden brown.
- ☐ Remove the pan from the heat, add the bourbon and sugar and cook until the pears are lightly glazed.

Nutrition Facts



Properties

Glycemic Index:70.31, Glycemic Load:26.74, Inflammation Score:-9, Nutrition Score:51.283478021622%

Flavonoids

Cyanidin: 5.5mg, Cyanidin: 5.5mg, Cyanidin: 5.5mg, Cyanidin: 5.5mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg Epicatechin: 16.44mg, Epicatechin: 16.44mg, Epicatechin: 16.44mg, Epicatechin: 16.44mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg

Nutrients (% of daily need)

Calories: 1155.36kcal (57.77%), Fat: 47.38g (72.9%), Saturated Fat: 14.22g (88.86%), Carbohydrates: 91.92g (30.64%), Net Carbohydrates: 79.82g (29.03%), Sugar: 42.95g (47.73%), Cholesterol: 216.13mg (72.04%), Sodium: 1245.95mg (54.17%), Alcohol: 16.32g (100%), Alcohol %: 1.62% (100%), Protein: 64.99g (129.99%), Vitamin B12: 29.61µg (493.51%), Vitamin B6: 2.22mg (111.15%), Vitamin C: 81.64mg (98.96%), Vitamin B3: 17.58mg (87.89%), Selenium: 60.18µg (85.97%), Vitamin B1: 1.26mg (84.14%), Vitamin B2: 1.3mg (76.52%), Iron: 13.43mg (74.61%), Phosphorus: 736.87mg (73.69%), Copper: 1.34mg (67.18%), Potassium: 2046.08mg (58.46%), Fiber: 12.1g (48.39%), Magnesium: 127.24mg (31.81%), Vitamin K: 31.72µg (30.21%), Manganese: 0.58mg (28.83%), Vitamin B5: 2.66mg (26.64%), Vitamin E: 3.82mg (25.44%), Folate: 93.91µg (23.48%), Zinc: 3.5mg (23.31%), Calcium: 182.23mg (18.22%), Vitamin A: 725.6IU (14.51%), Vitamin D: 0.19µg (1.26%)