



Seared Duck Breast with Fig Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.8 cup cooking sherry dry
- ☐ 24 ounce duck breasts boneless at room temperature
- ☐ 0.3 cup let set min. spread
- ☐ 4 servings chives fresh chopped for garnish
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 1 shallots minced
- ☐ 2 tablespoons butter unsalted chilled

☐ 1 teaspoon vegetable oil

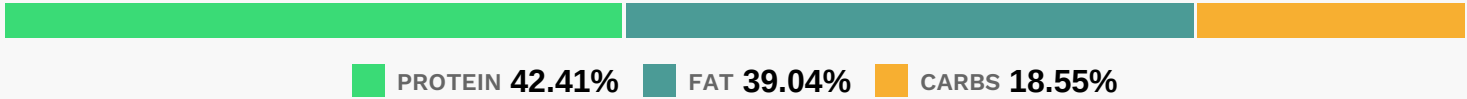
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Sprinkle each duck breast liberally with salt and pepper.
- ☐ Heat the vegetable oil in a large cast-iron skillet over medium-low heat.
- ☐ Add the duck skin-side down and reduce the heat to low, cooking as the fat slowly renders and the skin becomes crispy, 8 to 10 minutes.
- ☐ Once the skin is crispy and golden brown, flip and continue cooking until a thermometer reads 128 to 130 degrees F when inserted into the thickest part of the breast (for medium-rare doneness), 5 minutes.
- ☐ Transfer to a plate or cutting board and allow to rest about 5 minutes. It will carryover cook to about 135 degrees F. Don't tent with foil in order to ensure the duck skin will stay crispy.
- ☐ Pour off all but 1 or 2 tablespoons of fat from the skillet, reserving the excess for another use. Over medium heat, add the shallots and cook until softened.
- ☐ Add the sherry and reduce by half. Next, add the chicken broth, fig jam and balsamic vinegar, and continue simmering until the sauce has thickened and is syrupy, another 5 to 7 minutes.
- ☐ Remove from the heat, season with salt and pepper and whisk in the butter.
- ☐ Garnish with chopped chives.
- ☐ Serve the sauce alongside thinly sliced duck breast.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:7.02, Inflammation Score:-5, Nutrition Score:22.759130459765%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 378.16kcal (18.91%), Fat: 14.67g (22.57%), Saturated Fat: 6.14g (38.38%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 15.31g (5.57%), Sugar: 10.23g (11.37%), Cholesterol: 146.02mg (48.67%), Sodium: 329.24mg (14.31%), Alcohol: 4.64g (100%), Alcohol %: 1.68% (100%), Protein: 35.86g (71.72%), Vitamin B12: 22.21µg (370.22%), Vitamin B6: 1.08mg (53.89%), Selenium: 34.5µg (49.28%), Vitamin B1: 0.69mg (45.98%), Iron: 8.24mg (45.77%), Phosphorus: 362.73mg (36.27%), Vitamin B3: 7.07mg (35.36%), Vitamin B2: 0.56mg (32.88%), Copper: 0.58mg (29.19%), Potassium: 618.11mg (17.66%), Vitamin C: 12.86mg (15.59%), Vitamin B5: 1.41mg (14.13%), Magnesium: 47.16mg (11.79%), Zinc: 1.39mg (9.28%), Vitamin A: 308.86IU (6.18%), Manganese: 0.1mg (5.09%), Vitamin K: 4.92µg (4.68%), Folate: 15.58µg (3.9%), Calcium: 24.83mg (2.48%), Vitamin E: 0.28mg (1.84%), Fiber: 0.38g (1.52%)