



Seared Duck Breasts with Honey Coriander Sauce From In The Kitchen with Le Cordon Bleu



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

Ingredients

- ☐ 1 cup chicken stock see
- ☐ 1 leaves cilantro as garnish to taste
- ☐ 0.5 cup coriander seeds
- ☐ 0.5 cup honey
- ☐ 2 pinch kosher salt
- ☐ 4 servings olive oil as need for frying

- ☐ 1 ounce parmesan grated
- ☐ 2 pinch cracked pepper black
- ☐ 4 servings freshly cracked pepper black as needed
- ☐ 4 servings salt as needed
- ☐ 1.7 cup water

Equipment

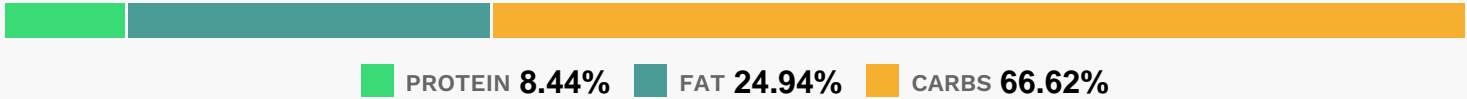
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ stove
- ☐ mortar and pestle

Directions

- ☐ Prepare the duck breasts: Trim off some excess fat and skin from the duck breasts to neaten the appearance, but leave enough fat to cover one side of the meat for flavor. Score the skin in a crisscross pattern and season both sides.
- ☐ Let rest at room temperature for 1 hour.Prepare the Honey Coriander Sauce: Dry-fry the coriander seeds in a non-stick frying pan over medium-high heat until they give off a spicy aroma and are dark in color (but not burnt), about 3 to 5 minutes.
- ☐ Place into a mortar and crush with a pestle.
- ☐ Put the honey and soy sauce in a large saucepan and slowly bring to a boil, while stirring.
- ☐ Add the stock and crushed coriander seeds and simmer until reduced by half, about 10 minutes.
- ☐ Place the breast, skin-side down, in a cool frying pan set over medium-low heat. Cook for 10 minutes, pressing the duck frequently to keep it as flat as possible.

- ☐ Remove all the fat from the pan, turn the duck over and cook for a further 7 minutes or until done to your liking.
- ☐ Let the duck rest on a rack near the stove for 5 to 10 minutes.
- ☐ Serve: Slice the duck and arrange with the Polenta Cakes, if using.
- ☐ Drizzle the sauce on the plate and garnish with cilantro.Like this:Like Loading...
- ☐ In a pot over medium heat, bring the water, seasoning and butter to a boil.
- ☐ Whisk in the polenta. Reduce the temperature to medium-low and cook until the mixture leaves the side of the pan, about 5 minutes, whisking constantly. Once cooked, mix in the Parmesan. Turn the polenta out onto a sheet of plastic wrap and let it sit until just cool enough to handle. Then roll it into a tight log and twist the ends. Allow to cool completely and refrigerate until set, about 1 hour.Unwrap the chilled polenta roll and cut into ½ inch thick slices. In a non-stick or cast iron skillet, heat the oil over medium-high heat. Pan-fry the cakes until golden brown on both sides, turning once, about 3 minutes on each side. The polenta cakes should be firm and crisp on the outside but moist and hot on the inside.
- ☐ Remove from the skillet and drain on paper towels.
- ☐ Serve immediately.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:43.82, Glycemic Load:18.29, Inflammation Score:-2, Nutrition Score:6.0782608512951%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 233.19kcal (11.66%), Fat: 7.13g (10.98%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 42.87g (14.29%), Net Carbohydrates: 38.55g (14.02%), Sugar: 35.8g (39.78%), Cholesterol: 6.62mg (2.21%), Sodium: 422.83mg (18.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Fiber: 4.32g (17.28%), Calcium: 163.11mg (16.31%), Manganese: 0.25mg (12.3%), Iron: 2.03mg (11.28%), Phosphorus: 108.34mg (10.83%), Magnesium: 40.68mg (10.17%), Selenium: 5.88µg (8.41%), Copper: 0.17mg (8.3%), Vitamin B2: 0.12mg (7.08%), Potassium: 221.62mg (6.33%), Vitamin B3: 1.24mg (6.18%), Zinc: 0.86mg (5.7%), Vitamin B1: 0.05mg (3.2%), Vitamin C: 2.5mg (3.03%), Vitamin E: 0.44mg (2.96%), Vitamin K: 2.95µg (2.81%), Vitamin B6: 0.05mg (2.7%), Vitamin A: 74.84IU (1.5%), Vitamin B12:

0.09µg (1.42%), Folate: 4.52µg (1.13%)