

# Roasted Duck Breast with Root Vegetables

From Megan's Kitchen

Prep time: 5 minutes

Cooktime: 30-40 minutes

Total: 35-45 minutes

Serves: 2-3 people



## INGREDIENTS:

**D'artagnan Duck Breast** (Moulard Magret), 1 piece

**Root Vegetables** (any combination of your favorites: potatoes, carrots, beets, onions, rutabaga)

**Salt and Pepper**

## METHOD:

Preheat oven to 400 F

1. Remove cold duck breast from package and pat dry with a paper towel.
2. Lightly score skin in a hatch mark pattern with a sharp knife, being careful not to cut too deeply. Cuts should just penetrate the surface without reaching the flesh.
3. Season both sides with salt and black pepper.
4. Put the COLD duck breast, fat side down, into a COLD oven proof skillet, (I like cast iron) and begin heating on Medium/Low heat on the stove top. This process allows the duck fat to slowly render into the pan. It will take about 15 minutes.
5. While the fat is rendering, quickly prepare whatever combination of root veggies you like (about 3-4 cups total). Cut them into bite size pieces. If you dislike cutting vegetables, grab a bag of baby carrots and a bag of new potatoes and use them whole.
6. By now the duck should be sounding nice and bubbly, surrounded by clear fat and the skin side should be golden brown. Turn the breast over and put it in the oven for an additional 2-6 minutes depending on how you like it. Duck can be cooked like a steak, and served to your liking (If you have a meat thermometer you can temp the meat: 130 F medium-rare, 140 F medium or 155 well done). If you don't have a thermometer, you can easily check the meat by pressing it with your finger. Meat that is yielding but kind of firm is a perfect medium. Remember that the meat will continue to cook a bit as it rests. (If you accidentally pull it too soon, and wish you had cooked it longer, you can always throw the slices in a pan. But you can't reverse overcooked meat. So it is better to err on the side of caution rather than to end up with overcooked meat!)
7. Set the meat on a cutting board to rest.
8. Throw the root vegetables into the hot skillet and coat with the residual duck fat. Add a good pinch of salt and stir to coat with the rendered fat. Add fresh herbs like rosemary or thyme if you like.
9. Put the skillet in the hot oven and roast for about 20-30 minutes, stirring occasionally, until roots are tender and browning. Taste and adjust salt if needed.
10. Slice the meat into ¼ inch slices across the grain and serve with a little spot of fruit chutney or fruit preserves.