



ALPHA OMEGA

Crispy Duck Breast

Winter Squashes & Pomegranate Bordelaise

Chef Jesse McQuarrie
Executive Chef/President, Mission Kitchen + Bar

Yield: 2 portions

Ingredients

2 boneless duck breasts
Kosher salt, to taste
1 delicata squash, cut into 1/2-inch rings, skin on
1 butternut squash
1 shallot, peeled and sliced into thin circles
1 blood orange or navel orange
4 tablespoons unsalted butter
2 tablespoons orange liqueur
1/4 cup olive oil
3 sprigs of thyme
1 cup red wine
1 cup chicken stock
Juice of 1 orange
2 tablespoons honey
1/4 cup pomegranate molasses
1 tablespoon red wine vinegar
1/2 cup pomegranate seeds



Duck Breast:

Pat dry the duck breasts with a paper towel. Score the duck skin with a sharp knife in a crosshatch pattern, making sure to not cut into the flesh, about an 1/8 inch deep. Season the duck breasts on both sides with kosher salt, reserve. Preheat the oven to 400°F. Starting with a cold and dry oven-safe skillet, place the duck breasts skin side down. Cook for 12-15 minutes over medium heat. Flip the breasts over and sear the other side for 1 minute. Flip to the skin side down and transfer the skillet to the oven. Roast for 4 minutes for medium-rare, or 6 minutes for medium. Rest the duck skin-side up for 10 minutes.

Oranges & Squashes:

Peel butternut squash. Carefully cut the off top of squash. Reserve the bottom of squash for another use. Slice the squash into four 1/4-inch slices. Trim the sides of the slices to make nice squares, somewhat replicating a small sheet of pasta. Bring 4 cups of water to a boil in a non-reactive pot and add 1 tablespoon of kosher salt. Add butternut sheets to water and blanch for 1-2 min, until slightly soft to the touch, but still maintaining its integrity. Rinse under cold water, pat dry and reserve. Place delicate squash circles on a baking tray and drizzle with olive oil. Sprinkle lightly with kosher salt. Bake in 400° oven for 10 minutes, or until slightly soft, but still with some bite to it. Reserve. Peel orange, carefully remove segments with a paring knife. Reserve. Using a non-reactive or nonstick saucepan, heat over medium heat for 3-5 minutes. Add butter to pan, let the butter brown slightly in the pan, swirling the pan as the butter melts. Add shallots, stirring until wilted, approximately 1 minute. Add thyme sprigs, let cook in butter for two minutes stirring slightly to release the herbs aromatic. Carefully remove the thyme & discard. Add the orange segments to the pan and warm through, approximately 1 minute. Add the orange liqueur and swirl. Remove from heat.

Pomegranate Bordelaise Sauce:

In a small pot, combine the red wine, chicken stock, orange juice, pomegranate molasses and honey and reduce by half over medium heat. The sauce should coat the back of spoon and be the consistency of heavy cream. Add a tablespoon of red wine vinegar to brighten the sauce if desired.

Plating

To plate, place the duck breast and squashes in oven to warm through, 1-3 minutes. With a sharp knife, slice the duck breast in half diagonally. Place the butternut squash sheet on the plate, top with delicate squash and spoon a few orange segments with its pan juices in and around the squashes. Place the duck breast slices on the plate and spoon some pomegranate sauce over and around the breast. Garnish with pomegranate seeds.

Enjoy!