

# Duck Breast with Fig-Orange Sauce

This recipe comes from Stephen and Eve Colbert's cookbook, *Does this taste funny?*

If you are serving it with Smashed Potatoes, boil the potatoes first.

Makes 2 servings

## Ingredients:

- 2 boneless duck breasts (1 lb.)
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 orange
- 1/2 cup fig preserves
- 1 Tbsp. soy sauce
- 1 Tbsp. honey

## Equipment:

- Zester
- Temperature probe



Preston

## Duck breast with fig-orange sauce:

☑	Directions	Time (min)
	Remove thin strips of peel from the orange with a zester	2
	Cut orange in half and extract the juice with a large spoon or juicer	2
	Turn duck breast skin-side down and trim off any skin/fat beyond the meat	2
	Score the skin in a crosshatch pattern without cutting through the skin	2
	Pat the duck breasts dry with paper towel and then season them liberally with 1/4 tsp. salt and 1/8 tsp. pepper	2
	Lay breasts skin-side down in a cold skillet and put the skillet on medium heat.	1
	As the fat melts, pour it off and set it aside. Cook until the skin is deep gold and crisp.	5
	Turn duck over and cook until the internal temperature is 125 degrees	3
	Remove from pan. Pat with paper towel. Do not cover.	1
	Pour off the remaining duck fat	1
	Deglaze the pan with the juice of one orange	1
	Add 1/2 cup fig preserves, 1 Tbsp. soy sauce, and 1 Tbsp. honey.	1
	Simmer until sauce is reduced by 1/4	4
	Stir in the orange zest	1
	Slice the duck breast and pour sauce over it	1
	<b>Total</b>	<b>30 min.</b>