

LEO TEATERO

Magret du Canard



Magret de Canard is a breast from the Moulard breed of ducks. The Moulard is a cross between the White Pekin and the Muscovy duck. These ducks have strips of black and brown feathers amidst white feathers. Moulards have a deeper, richer taste. It is quite simple to make as all you are doing is frying it. One breast should serve two people.

Ingredients

1 duck breast per 2 people
Salt and pepper

Sauce

½ cup / 100 g of sliced shallots
½ cup / 125 ml of red wine
½ cup / 125 ml of beef stock
Or ½ cup of jam

Score the fat side of the duck breast into a cross hatch pattern, by cutting in two directions to create a diamond formation. In this case, you do want to cut into the meat just a bit—about 1/4 inch is good. Season the duck breast with salt and pepper.



Sear the Duck on the fat side first. Heat the pan over medium-high heat with no oil. Once the pan is hot, place the breast, fat-side-down, in the pan and cook until it's an appetizingly golden-brown color for about 6 minutes. You can drain the fat off into a container to keep for the next time. Use tongs to move it around so it doesn't stick to the pan.



Turn and cook. Turn the breast and continue cooking it in its own wonderful fat. Continue shifting and turning the duck until it gets cooked to the desired temperature, another 3 minutes.

Place the pan in the oven for another 5 minutes at 180 degrees. Remove from oven and let breast rest on a cutting board for up to 10 minutes.



Make a sauce. As the duck is resting, drain off all about a tablespoon of the fat. Add 1 chopped shallot into the pan; cook and stir briefly until slightly softened. Add about 1/2 cup beef stock and 1/2 cup port or red wine. Boil and stir (scraping up any browned bits from the pan) until the sauce is

reduced to a few syrupy tablespoonfuls. Slice the duck, arrange on a plate, and drizzle the sauce over the duck.

Another great sauce is to heat two tablespoons of the duck fat along with your favourite confiture or jam. Simply blend 3 tablespoons of your favourite jam with 2 tablespoons of hot duck fat. Drizzle over meat and serve with duck fat and thyme roasted cubed potatoes.