

## PAN ROASTED DUCK BREAST WITH CROWN MAPLE DEMI GLACE

1 EA	3597978	24/8-10OZ	MAPLELF	DUCK BREAST SKON RAW
1 EA	1821529	4/4 LB	IMPFRSH	SHALLOT PEELED FRESH
3 OZ	2392993	6/12 OZ	CRWNMPL	SYRUP MAPLE DARK AMBER
4 OZ	5948765	1/16 LB	CULINRT	GLACE DEMI DE VEAL
1/8 TSP	6040760	12/3 LB	SYS CLS	SALT KOSHER FLAKE COARSE
1/8 TSP	6639827	6/18 Z	IMP/MCC	SPICE PEPPER BLK TABLE GRND ME

**MEATHOD-** SCORE DUCK BREAST ON FAT SIDE OF BREAST. SEASON WITH SALT AND PEPPER AND PLACE IN A SAUTE PAN OVER MED. HEAT SKIN SIDE DOWN FIRST.

SEAR UNTIL SKIN IS GOLDEN BROWN AND CRISP. TURN DUCK BREAST OVER AND CONTINUE TO COOK UNTIL MED RARE. REMVE FROM PAN AND LET DUCK REST.

POUR OFF EXCESS FAT AND ADD DICED SHALLOTS TO THE PAN AND SWEAT.

ADD CROWN MAPLE SYRUP AND DEMI GLACE AND REDUCE SLIGHTLY.

SLICE DUCK BREAST AND PLACE ON PLATE AND SAUCE.

