

By Chef Jeremy Langlois

Cane Syrup Glazed Duck



Ingredients :

- 4 duck breasts
- 1/2 cup Steen's cane syrup
- 1 teaspoon crushed red pepper
- 1 orange, zested
- 1 teaspoon fresh thyme
- Salt and pepper to taste

Procedure :

- Preheat the oven to 375. Score the skin of your duck in a criss-cross pattern, about a half inch apart, being careful not to cut through to the meat. Generously salt and pepper the duck all over.
- Heat an oven safe skillet just to medium. It is important not to get the heat too high, because you want to brown and crisp the skin and render most of the fat without burning the skin or overcooking the meat.
- Put the duck breasts skin side down. Once you start to see some fat rendering, move them around a bit. Check periodically - the skin should be slowly turning deep golden brown. As the fat renders you may want to remove some, you want about 1/8 - 1/4 inch of fat in the pan.
- While the duck is browning, mix together the syrup, zest, thyme and red pepper. Once your skin is brown and crispy, flip the duck over and spoon the syrup glaze over. Place into the oven and after about 5 minutes, Re-lacquer the duck in the pan, then back into the oven for about 5 more minutes, and cook to an internal temp of 125-130 is medium rare.
- Remove from the oven and let the duck rest for at least 5 minutes, before slicing.