

HONEY CARAWAY GLAZED DUCK BREAST



Bread pudding is a simple make ahead festive dessert for the holiday season. Cardamom brings in hints of lemon, ginger and smoke adding a layer of decadence to this twist on the holiday classic. An extra layer of warmth is added with an infused custard. Chai spices infuse a luxurious blend of milk and eggs that is soaked up by crusty country bread.

Serve with a drizzle of velvety salted caramel for an unforgettable end to your holiday dinner.



CARDAMOM INFUSED CHAI SPICED BREAD PUDDING

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Total Time: 30 Minutes

Ingredients

Caraway Honey Glaze

- 1 tbsp. honey
- 1 tbsp. caraway, freshly ground

Sour Cherry Balsamic Gastrique

- ¼ cup balsamic vinegar
- ¼ cup sour cherries, with juice
- ½ cup sugar

DIRECTIONS

Preheat oven to 350 degrees. Score the skin of the breast nearly all the way through to allow the fat to render. Scoring the skin increases the surface area, allowing the fat to render more quickly.

Season the breast liberally on the skin side and lightly on the flesh side with salt and pepper. Place duck skin side down in a cold pan. Bring skillet up to low to medium – low heat allowing skin to brown and fat to render. Place a smaller pan on top to ensure even exposure and prevent curling. Allow the fat to render and the skin to brown for about 15 minutes. Increase the heat if skin is not brown to medium and sear for 1 minute. Turn the breast over and discard the excess fat. Coat the skin generously with caraway glaze and place in preheated oven for approximately 8-10 minutes until internal temperature is about 135 degrees. Remove breast from the pan and let rest for at least 10 minutes.

In a saucepot combine vinegar, sugar, and sour cherries. Bring liquid to a boil to allow the sugar to melt and then reduce heat. Simmer until liquid has reduced by half it should coat the back of a spoon.

Serve with additional glaze and gastrique.