

Maple Glazed Duck Breast – with grilled orange salad

Ingredients:	(Salad)
2 Duck Breasts – Skin on ¾ Cup Maple Syrup 2 tbs brown sugar 1 ‘punch’ cayenne pepper (yes a ‘punch’ – it’s a bit more than a pinch) A pinch of Kosher salt (or sea salt flakes) Any good BBQ seasoning – I use ‘Meat Graffiti – MVP’ which is amazing on chicken and duck	2 Oranges 1 bunch (or packet) rocket leaves 50g shaved fresh parmesan Handful of pine nuts ¼ cup extra virgin olive oil 2 tbs balsamic or red wine vinegar 1 tbs Dijon mustard 1 tbs maple syrup Pepper / salt to taste

Method:

- 1) Tidy up your duck breasts by removing any overhanging bits of fat or tissue. I usually trim a bit of the overhanging skin as well. Cover the breasts and leave to come up to room temperature (around 30 minutes).
- 2) Meanwhile, prepare the salad dressing.....whisk the olive oil with the Dijon mustard and 1 tbs maple and add pepper and salt to taste.
- 3) Score the skin side of the duck breasts with a sharp knife at about 1 cm intervals – don’t go all the way through.
- 4) Season the duck breasts all around and place onto a cold (yes cold) BBQ plate or pan. I use a small cast iron BBQ plate on my BBQ. Then fire up whatever you’re cooking on. By starting cold, the fat under the skin has a better chance to render and the duck can cook in its own fat. How good is duck fat! If you want to impart some amazing flavour into the duck, add some smoking chips or chunks to the fire (or use a smoke box if you’re using gas. I use apple or cherry wood with duck. Close the lid if you have one.
- 5) After about 5 minutes check the underside of the duck and if they’re golden, flip them over for another 5 or so minutes. Brush on a good coating of the maple, brown sugar, cayenne and salt glaze. Repeat the glazing process for both sides several times.
- 6) This is where I strongly recommend a digital thermometer. They can be as cheap as \$15 and will ensure anything you cook is the required temperature. Check the temperature of the breasts – we’re aiming for around 135 f (57c) which for duck is medium rare. If the temperature isn’t there yet, move the breasts to an indirect (off the direct heat) area of the BBQ for a while longer and re-check. If you don’t have a thermometer, the cooking process is around 15-18 minutes. When the breasts are done, wrap them in aluminium foil and rest for at least half the time you cooked them for.
- 7) Throw the pine nuts into a hot pan or on a grill and toast until slightly darkened. Peel the oranges and halve. Throw the oranges onto the hot grill and char just for a couple of minutes until they darken slightly.
- 8) Roughly dice up the orange and mix through the rocket with the pine nuts and parmesan and drizzle the dressing all over.
- 9) Slice the duck breasts and serve with the salad. Enjoy!