

## Pan Seared Sesame Ginger Duck Breast



### Makes:

8 servings

### Utensil:

Saladmaster Food Processor

12" Chef's Gourmet Skillet

small mixing bowl

medium mixing bowl

**Rate** ★★★★★

### Recipe:

### Contributed By:

Cathy Vogt

Certified Health Coach & Natural Foods Chef

[Write a Review](#)

### Recipe Description:

This simple pan seared duck breast recipe is an adaption of one of Korea's national dishes, *Bulgogi*. A combination of dry rub and simple warm dressing transforms this dish into a lighter entrée, served on top of mixed salad greens and balanced with sweet apples.

1 teaspoon  
paprika  
(2  
g)  
1/2 teaspoon  
garlic powder  
(1  
g)  
1/2 teaspoon  
ginger powder  
(1  
g)  
1/2 teaspoon  
chili powder  
(1  
g)  
1 teaspoon  
salt  
(6  
g)  
1/2 teaspoon  
ground pepper  
(1  
g)  
2 pounds  
duck breast

(907  
g)

### Dressing

$\frac{2}{3}$   
cup rice (160 mL)  $\frac{1}{2}$   
vinegar 1  
cup tamari or natural soy (120 mL) 4  
sauce 1  
tablespoon toasted sesame oil (15 mL) 2  
cloves garlic, shredded, use Cone

### #1 Salad

tablespoon ginger, shredded, use Cone (6 g) #1 **Directions:**

tablespoons honey (42 g) In a small bowl, mix together paprika,  
2 apples apples, thinly sliced, cut into match sticks garlic  
1 ginger powder, chili powder, salt and pepper. powder,  
pound mixed salad greens (spinach, frisee or watercress) (454 g)

- Place duck breast in a shallow dish. Score fat side of duck 2. breast through fat down to, but not through breast meat in cross hatch pattern.
3. Sprinkle dry rub evenly over duck breast and rub into meat, on both sides. Set aside.
  4. Mix together dressing ingredients in a medium bowl. Set aside.
  5. Preheat skillet over medium heat. When several drops of water sprinkled in skillet skitter and dissipate, place duck breast in skillet fat side down and press down gently with turner. Place 12 in. Electric Oil Core Skillet cover slightly ajar on skillet and cook for 8 - 10 minutes until fat is crispy. Turn over and cook for an additional 6 - 8 minutes. Internal temperature should be 135°F/57°C.
  6. Remove duck breast, place in clean dish and cover with foil. Let rest for 10 - 15 minutes.
  7. Discard all duck fat from skillet. Pour dressing into skillet and cook for 3 - 4 minutes until liquid has reduced; be careful not to let it burn.
  8. Slice duck breast while warm into very thin slices on an angle. Serve sliced duck on top of greens, drizzle with a small amount of dressing, and top with apples.

### Tips:

- Serve sliced duck with steamed jasmine rice instead of salad greens.
- To reduce the fat even further, remove fat from duck after cooking and before slicing.

### Nutritional Information per

#### ▼ Serving

**Calories:** 216  
**Total Fat:** 7g  
**Saturated Fat:** 2g  
**Cholesterol:** 87mg  
**Sodium:** 1371mg  
**Total** 21g  
**Carbs:**  
**Dietary Fiber:** 2g  
**Sugar:** 9g  
**Protein:** 25g