

Duck breast

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Ingredients

- Duck breasts: (about 200-250 g each)
- Sea salts: (best in flakes)
- Freshly ground black pepper
- Fresh thyme or rosemary: (optional, but great)

Instructions

1. Preparation: Cut the skin with a sharp knife in rhombuses (about 1 cm apart), without cutting the meat itself. Season the skin with sea salt and the meat with pepper.
2. Oven: Turn on the oven to preheat to 200°C.
3. Cold pan: Place the duck breasts, skin side down, in a COLD roasting pan (or other oven-safe pan) and turn on medium heat. Do not use any additional oil!
4. Fat rendering: Cook skin side down for about 6-8 minutes until the skin is golden and crispy. Pour the accumulated fat into a jar (it will be perfect for roast potatoes!).
5. Browning: Turn the brisket meat side down and cook for just 1 minute to brown the surface.
6. Cooking in the oven: Turn the breast over again, skin side up, and place the pan in an oven preheated to 200 °C for 5-6 minutes (for medium-rare, pink meat).
7. Rest (required!): After removing from the oven, transfer the meat to a plate and let it rest for 8-10 minutes. Only during this time, the meat juice will be distributed evenly and will not escape when cutting. You can sprinkle fresh thyme on top and cover with foil, but be careful, if you seal too much, the skin will get soggy.
8. Cut diagonally into slices about 1 cm thick and serve with your favorite side dish.

Notes

If you are preparing a main course for serious eaters, count one breast per person. If you serve with hearty side dishes (mashed potatoes, beets, orange sauce) or if you are waiting for guests and have more snacks, one larger brisket will definitely be enough for two.

