

Martha 100: Duck Breast with Cherry Sauce

& Crispy Persian Rice (Tahdig)



2 Servings

What we send

- 14 oz pkg duck breast
- 1 pkt chicken broth concentrate
- ¼ oz gelatin
- 1 shallot
- 1 orange
- 1 oz dried cherries
- 1 oz sour cream ¹
- 8.8 oz ready to heat jasmine rice
- ¼ oz fresh parsley
- ¼ oz turmeric

What you need

Tools

Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal

1. Prep duck

Pat duck dry. Using a very sharp knife (or a serrated knife), very lightly score skin in a crosshatch pattern, being careful not to cut into the meat. Season on both sides with salt. Optionally, for juicier meat and crisper skin, place duck breasts skin side up on a wire rack set over a rimmed baking sheet and refrigerate, uncovered, overnight. Alternatively, proceed with recipe.

4. Crisp rice

While duck is cooking, drain off 2½ tablespoons rendered fat. In a medium bowl, combine 1 cup rice, 2 tablespoons each yogurt and duck fat, ¼ teaspoon turmeric, and a pinch of salt; mix until evenly combined. Spread into an even layer in a small (8-inch) nonstick skillet. Place over medium heat, cover, and cook until bottom of rice is deeply browned and crisp, about 5 minutes.

2. Prep ingredients

Finely chop shallot. Pick parsley leaves from stems and finely chop. Finely grate the zest of half the orange; squeeze ¼ cup juice. Coarsely chop pistachios. In a large bowl, break up rice into individual grains with your fingers. In a measuring cup, stir together gelatin, orange juice, half the orange zest, broth concentrate, cherries, 1 tablespoon vinegar, and ¾ cup water.

5. Steam rice

To remaining rice, add pistachios and remaining orange zest and duck fat; season with salt and pepper and mix. Once rice in skillet is browned, uncover and spread remaining rice on top. Poke a few holes across rice, drizzle with ½ tablespoon water, then cook, covered, over medium-low heat until rice is tender and heated through, 3-5 minutes.

3. Cook duck

Place duck breasts skin side down in a cold medium skillet with a small skillet or weight on top; place over medium-low heat. Cook until most of the fat has rendered and the skin is golden brown and crisp, adjusting heat as necessary to maintain a gentle bubble, 12-15 minutes total. Flip duck and cook until medium rare (125°F internal temperature), about 1 minute. Transfer to a plate.

6. Cook sauce; serve

Add shallots to remaining fat in duck cooking skillet and cook over medium-high heat until softened, 1-2 minutes. Add sauce mixture and cook until reduced by half and texture is glossy and thickened, 4-5 minutes. Remove from heat; stir in parsley and 1 tablespoon butter.

Flip rice onto a large serving plate. Thinly slice duck; arrange over rice. Finish with sauce and serve. Enjoy!