

Premium Protein: Duck with Blueberry

Gastrique, Roasted Bok Choy, & Duck Fat Migas



1h



2 Servings

What we send

- 14 oz pkg duck breast
- ½ oz chopped freeze dried blueberries
- ½ lb baby bok choy
- 2 ciabatta rolls ^{1,2}
- 1 red onion
- 1 pkt chicken broth concentrate
- ¼ oz Chinese five spice
- ¼ oz fresh thyme

What you need

- kosher salt & ground pepper
- sugar
- balsamic vinegar (or red wine vinegar)
- olive oil

Tools

- rimmed baking sheet
- parchment paper
- medium skillet
- small saucepan

Cooking tip

For crispier skin and juicier meat, season duck breasts according to step 1. Place skin side up on a wire rack set over a rimmed baking sheet and refrigerate, uncovered, overnight.

Allergens

Soy (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal

1. Render duck skin

Preheat oven to 450°F with a rack in the center. Pat duck dry; very lightly score skin in a crosshatch pattern, being careful not to cut into the meat. Season all over with salt, pepper, and 1 teaspoon five spice. Place duck in a cold medium skillet; place over medium-low heat. Cook until most of the fat has rendered and the skin is golden brown, 10-12 minutes total.

4. Cook gastrique

In a small saucepan, combine ¼ cup each sugar and water. Cook over medium-high heat, swirling occasionally, until syrup reaches a light blonde caramel color, 3-5 minutes. Add ¼ cup vinegar all at once (mixture will boil very rapidly); cook until sugar is re-dissolved, about 1 minute. Add blueberries, 2 thyme sprigs, and ½ cup water; cook until syrupy, 4-5 minutes.

2. Prep ingredients

Transfer duck to a plate; reserve fat in skillet.

While duck is rendering, pick and finely chop 1 teaspoon thyme leaves. Tear bread into 1-inch pieces. In a medium bowl, stir together broth concentrate, thyme, and ½ cup water. Add bread and toss; set aside. Halve bok choy lengthwise; rinse well to remove any grit. Quarter onion lengthwise.

5. Finish cooking duck

Remove and discard thyme sprigs; season gastrique to taste with salt and pepper. Set aside until ready to serve.

In previously used skillet, heat 1 tablespoon oil over medium-high heat. Add duck, skin side down, and cook until browned and crisp, 1-2 minutes. Flip duck and cook until medium rare (125°F internal temperature), another 2-3 minutes.

3. Roast vegetables & bread

On a parchment-lined rimmed baking sheet, toss bok choy and onion with 1 tablespoon oil; season with salt and pepper. Add reserved duck fat to bread, mix well, and add to baking sheet with vegetables. Bake on center rack, stirring halfway through, until vegetables are browned and tender and bread is browned and crisp on exterior but still moist within, 20-25 minutes.

6. Serve

Transfer duck to cutting board and rest for 5 minutes before slicing.

Thinly slice duck. Divide duck, vegetables, and bread between plates. Serve duck with blueberry gastrique. Enjoy!