FRENCH · DINNER

# 12-Minute Seared Duck Breast with Crispy Skin

30 min · Serves 2 · 358 kcal a serve · Video 6:56 · Food52

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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Duck breast is a rich source of protein, iron and B12, and rendering the skin slowly in a dry pan crisps it while pouring off much of the fat, with no added oil.

**Diet notes:** Carnivore if you leave out the raisin jam; Low carb (4 g net carbs) but not keto: 48% of the energy is from fat, and keto meals get about 60% or more.

## Ingredients 4 · SERVES 2

- [ ] 2 **duck breasts**, skin on, trimmed (about 225 g each raw, our estimate)
- [ ] **salt**, a light sprinkle on both sides
- [ ] **freshly cracked black pepper**, a light sprinkle
- [ ] a little **raisin jam**, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Score the duck skin in a fine criss-cross with a razor blade or very sharp knife, cutting through the fat but not into the meat. 1:35
2. Season lightly with salt and pepper on both sides. Lay the breasts skin-side down in a cold, dry frying pan, then turn the heat on. 1:51
3. When the skin starts to crackle, settle the heat to medium and cook skin-side down for 12 minutes. Press gently with a small heavy dish and tip off the rendered fat as it builds up. 2:31
4. Turn each breast onto one side for 2 minutes, then the other side for 2 minutes, then roll it gently on the flesh side for 2–3 minutes, depending on size. 3:44
5. Rest on a rack for about 5 minutes, then turn skin-side down and slice a little thinner than a finger. Serve pink, with a spoonful of raisin jam if you like. 4:41

> **Tip** The cook gives no weight; we allowed 225 g a breast raw (our estimate). Sizes vary (200–300 g); bigger ones need a minute or two more. Keep the rendered duck fat for roasting. Allow one breast a person.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 2 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 358 kcal | 42 g | 4.3 g | 0.3 g | 18 g | 530 mg |
| 1,500 kJ | 83% of a day | 4 g net · 3 g sugars | 1% of a day | 4.9 g saturated | 23% of a day |
| | | 2% of a day | | 23% of a day | |

**Energy from** net carbs 5% · protein 48% · fat 47% — very low carb (under 10% of the energy from carbs)

**High in** (20%+ of a day) Selenium 81% · Iron 31% · Zinc 29% · Vitamin B12 21% · Omega-3 21%

**Source of** (10–19%) Vitamin B6 18% · Vitamin A 12%

**Recipe and video:** Food52 (@food52) on YouTube — youtube.com/watch?v=HHFdGp7-B8o, published 13 September 2020. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/seared-duck-breast-crispy-skin