

Pan-Seared Duck Breast with Blackberry Gastrique

Description

Crispy-skinned duck breast served over silky sweet potato purée with a rich blackberry gastrique and seasonal green vegetables. A refined balance of savory, sweet, and bright flavors that brings restaurant-quality dining to your home.

Ingredients (Serves 2)

- 2 duck breasts
- Salt & black pepper
- 2 medium sweet potatoes
- 2 tbsp butter (optional)
- 1/3 cup dry red wine
- 1 cup fresh blackberries
- 1–2 tbsp date syrup (or honey)
- 1 tsp balsamic vinegar (optional)
- Seasonal green vegetables (broccolini, asparagus, or green beans)
- Olive oil

Method

1. Score the duck skin in a crosshatch pattern. Season generously with salt and pepper.
2. Place skin-side down in a cold cast-iron skillet. Slowly render over medium-low heat for 8–12 minutes until deeply golden and crisp. Flip and cook 3–5 minutes more, or until desired doneness. Rest 8–10 minutes before slicing.
3. Roast or boil the sweet potatoes until tender. Purée with butter, a drizzle of olive oil, salt, and pepper until smooth.
4. Pour off excess duck fat, leaving about 1 teaspoon in the pan. Add the red wine and reduce by about half.
5. Add the blackberries and gently simmer until they soften and release their juices. Stir in the date syrup (or honey) and cook until lightly syrupy. Finish with a splash of balsamic vinegar if desired. Taste and adjust sweetness or acidity.
6. Sauté or roast your green vegetables until just tender.
7. Spread the sweet potato purée on each plate, top with sliced duck breast, spoon over the blackberry gastrique, and finish with the vegetables.

Chef's Tip

Reducing the wine before adding the berries concentrates flavor while preserving the fruit's freshness. Date syrup creates a deep caramel-like sweetness, while honey offers a lighter floral finish.