

Tyler Parks & Rec
Maple Leaf Duck
Rick Neal
Executive Chef
Eagles Bluff Country Club

Coffee Crusted Duck Breast

Ingredients:

6oz duck breast
Duck fat (skin) removed from breast
1 cup ground coffee
2 feet of butchers twine
Cast iron skillet
Salt & Pepper

Lay the duck flat on the cutting board peel the skin away from the breast. On medium heat, render the fat for 20 minutes. While the fat is rendering, take the breast and butcher twine. Wrap the twine around the breast till you have made a cylinder. Take breast and roll in ground coffee till well coated. Place breast in rendered fat and sear till dark brown. Finish in oven @ 350 till internal temp is 145. Let rest for five minutes and remove twine and slice.

Tyler Parks & Rec
Maple Leaf Duck
Rick Neal
Executive Chef
Eagles Bluff Country Club

Five Spice & Blackberry Duck Breast

Ingredients:

6oz duck breast
1 Tbsp five spice
Salt & pepper
Fresh blackberries
Black iron skillet

Score duck breast fat with a sharp knife, careful not to cut the meat. Rub the five spice all over the breast. Sprinkle with salt and pepper and let rest for 20 minutes. Heat the cast iron skillet to med high heat with skin side down. Sear breast till the skin starts to crisp up, then flip and finish with internal temp @ 145. Garnish with blackberries.

Tyler Parks & Rec

Tyler Parks & Rec
Maple Leaf Duck
Rick Neal
Executive Chef
Eagles Bluff Country Club

Strawberries & Blackberries Romanoff Candied Duck Crumb

Ingredients:

Candied Duck Crumb

1/ cup Duck meat diced fine
1/2 cup Brown sugar
1-teaspoon cinnamon

Romanoff Sauce

1 cup Sour Cream
1-teaspoon brandy or whiskey
1/8-cup brown sugar
1-cup fresh strawberries
1/2 cup fresh blackberries

Dice duck breast and sauté till crisp, Add brown sugar. Cook until melted and then add cinnamon. Remove from heat and let rest.

In mixing bowl add sour cream, brown sugar, and liqueur, blend together till well blended. Place fresh berries in glass, top with sauce and then candied duck crumb.