

Duck steaks and Carvi Roasted Vegetables

Portions: 4 to 6

Preparation: 25 minutes

Cooking time: 30 minutes

4

LF

GF



Ingredients

Vegetables

1 tablespoon (15 ml) caraway seeds
1 tablespoon (15 ml) Worcestershire sauce
1/3 cup (80 ml) olive oil
2 tablespoons (30 ml) maple syrup
3 tablespoons (45 ml) Dijon mustard
Salt and pepper, in generous amounts
500 g Brussel sprouts, sliced in half lengthwise
1/2 cauliflower, in florets
4 large carrots, cut into small pieces

Duck

2 apples, in small cubes
2 tablespoons (30 ml) golden brown sugar
4 Lake Brome duck breasts
1/2 teaspoon (3 ml) salt
1/2 teaspoon (3 ml) ground pepper
2 tablespoons (30 ml) apple cider vinegar

Steps

Vegetables

1. With the rack in the middle position, preheat the oven to 425 °F (220 °C).
2. In a large bowl, mix the caraway seeds with Worcestershire sauce, olive oil, maple syrup, mustard, salt, and pepper.
3. Add vegetables and toss to coat well.
4. Transfer to a parchment-lined baking sheet and roast for 20 to 30 minutes, until the vegetables are golden brown and fairly tender.
5. Meanwhile, prepare the duck steak.

Duck

1. Mix apples with brown sugar. Set aside.
2. Pat dry with a paper towel on both sides of the duck breasts.
3. With a sharp knife, make criss-cross incisions on the skin, without cutting into the meat.
4. Season the meat side only with salt and pepper.
5. Preheat a frying pan to medium-high heat, grill the breasts with the skin side down until the skin is golden and crispy, about 5 minutes*.
6. Turn and cook flesh side down and cook for 5 minutes.
7. Transfer the duck breasts to a plate. Let stand for at least 5 minutes, loosely covered with a piece of aluminum foil.
8. Remove the cooking fat that has accumulated in the pan and add the sweet apples.
9. Cook for about 3 minutes and deglaze with the apple cider vinegar. Allow the vinegar to evaporate completely. Beware of splashes. Set aside.
10. Slice the breasts lengthwise (in 2 pieces) and place them

on the roasted vegetables. Add the caramelized apples.

11. Generously salt and pepper the apples and duck.

* The breast is sufficiently caramelized when fat can be easily removed from the pan. If there is any resistance, it is not yet perfectly caramelized.