

Crispy Duck Stuffed with Wild Rice

A succulent fried duck dish filled with flavorful wild rice, perfect for a special dinner.



45 min

Total time

Intermediate

Difficulty

550

kcal / serving

Nutrition per serving (estimated)

Protein 35 g

Carbs 48 g

Fat 21 g

Fiber 4 g · Sugar 10 g · Sodium 700 mg

Ingredients

- 1 duck breast, 1/2 cup wild rice, 1 cup chicken broth, 1/4 onion (diced), 1 garlic clove (minced), 1/4 cup dried cranberries, salt, pepper, olive oil

Substitutions

Chicken broth – Vegetable broth in the same amount

Dried cranberries – Dried cherries in the same amount

Wild rice – Brown rice, cooked until tender

Steps

- 1 Cook wild rice in chicken broth until tender.
- 2 Sauté diced onion and minced garlic until fragrant.
- 3 Mix cooked rice, sautéed onion and garlic, dried cranberries, salt, and pepper.
- 4 Butterfly the duck breast and stuff with the rice mixture.
- 5 Heat olive oil in a pan and sear the duck breast until crispy and cooked through.
- 6 Let it rest before slicing and serving.

Chef's tips

- A crisp, evenly browned exterior and a firm surface are good visual cues; avoid crowding the pan, which can trap steam.
- Keep the rice filling moist but not wet; excess broth can make the duck harder to seal and the center may turn soggy.
- A sharp knife and a brief rest help make neat slices without spilling the filling.

Drink pairing

A medium-bodied Pinot Noir

Its bright fruit and gentle tannins complement the duck's richness and the cranberries' tart sweetness.

0% option: Sparkling cranberry juice diluted with water

Storage

Refrigerate leftovers within 2 hours in a covered container and keep for 3-4 days. Reheat until steaming hot.

Frequently asked questions

How can I tell when the duck is cooked through?

Look for a browned, crisp exterior and a firm center; because the breast is stuffed, check that the filling is steaming hot before serving.

Can I prepare the rice filling ahead?

Yes. Make it ahead, cool it promptly, and refrigerate covered; use it within 3-4 days and keep it chilled until assembly.

What goes well alongside this dish?

Serve with a simple green salad or roasted vegetables for a fresh contrast to the rich duck and sweet-tart cranberries.