

Pan-Seared Duck Breast with Blackberry Sauce

Indulge in a succulent pan-seared duck breast, perfectly crisped on the outside and tender within, paired with a luscious blackberry sauce that adds a touch of sweetness and acidity. This gourmet dish is a delightful treat for any occasion.



Main Dish

30 min

Total time

medium

Difficulty

450

kcal / serving

Ingredients

- 1 duck breast (about 6 oz)
- Salt and pepper, to taste
- 1/2 cup fresh blackberries
- 1 tablespoon honey
- 1/4 cup chicken broth
- 1 teaspoon balsamic vinegar
- 1 teaspoon olive oil

Steps

- 1 Score the skin of the duck breast in a crisscross pattern, being careful not to cut into the meat.
- 2 Season both sides of the duck breast with salt and pepper.
- 3 Heat a skillet over medium heat and place the duck breast skin-side down in the dry pan. Cook for 6-8 minutes until the skin is crispy and golden.
- 4 Flip the duck breast and cook for an additional 4-5 minutes for medium-rare.
- 5 Remove the duck from the skillet and let it rest for 5 minutes before slicing.
- 6 In the same skillet, add olive oil and blackberries. Cook for 2 minutes until they begin to soften.
- 7 Add honey, chicken broth, and balsamic vinegar to the skillet. Stir and simmer for 3-4 minutes until the sauce thickens slightly.
- 8 Serve the sliced duck breast drizzled with the blackberry sauce.