

Pan-Seared Duck Breast with Orange Glaze

A succulent pan-seared duck breast served with a tangy orange glaze that balances the richness of the meat perfectly. Ideal for a sophisticated yet simple main course.



Main Dish

25 min

Total time

Medium

Difficulty

450

kcal / serving

Ingredients

- 1 duck breast (about 200g)
- Salt and pepper to taste
- 1 tbsp olive oil
- 1/4 cup fresh orange juice
- 1 tsp honey
- 1/2 tsp soy sauce
- 1/4 tsp grated fresh ginger
- 1 small garlic clove, minced
- Fresh thyme for garnish (optional)

Steps

- 1 Score the skin of the duck breast in a crisscross pattern without cutting into the meat; season both sides with salt and pepper.
- 2 Heat olive oil in a skillet over medium heat. Place the duck breast skin side down and cook for 6-7 minutes until the skin is crispy and golden brown.
- 3 Flip the breast and cook for an additional 4-5 minutes for medium rare, or adjust time to your preference. Remove from pan and set aside to rest.
- 4 In the same pan, remove excess fat leaving about 1 tbsp. Add minced garlic and ginger; sauté for 30 seconds.
- 5 Pour in orange juice, honey, and soy sauce. Stir and simmer until the sauce thickens slightly, about 3-4 minutes.
- 6 Slice the duck breast thinly and drizzle the orange glaze over the top.
- 7 Garnish with fresh thyme if desired and serve immediately.