



## DUCK BREAST AL ORANGE

### INGREDIENTS

- 4 each boneless duck breasts
- 1 each large navel orange
- 1 tbs cornstarch
- 1 cup chicken stock, divided
- 2 tbs unsalted butter
- 1 tbs shallot, minced
- 1 tsp fresh garlic, minced
- 2 tbs sugar
- 1-1/2 tbs sherry vinegar
- 2 each fresh rosemary springs
- 1 tbs orange liquor, Grande Mar
- 1 cup orange juice, fresh squeezed is best
- 5 dashes orange bitters

### DIRECTIONS

1. Remove the duck breasts from the refrigerator 30 minutes ahead to allow them to come to room temperature.
2. Being careful not to cut into the meat, score the skin on each duck breasts in a crosshatch pattern at 1/4-inch intervals. Season both sides with salt and pepper.
3. Zest the orange into a small bowl, then trim away both ends. Following the curve of the orange, carefully cut away the remaining peel down to the flesh, then trim any stray bits of the white pith.
4. Using a sharp knife, carefully slice along both sides of each membrane toward the center of the orange to remove the segments (these are called orange supremes). Set aside.
5. Place the duck breasts, skin side down in a heavy frying pan over medium heat (about 275°F) to render the fat. You should see the fat begin to melt and hear a slight sizzle. If your duck breast is cooking harder than that, lower the heat.
6. Without turning, continue cooking the duck until the majority of the fat has rendered from the breast and the skin is golden brown and crisp. This usually takes 10 to 15 minutes.
7. While the duck fat renders, make the sauce.
8. Whisk the cornstarch together with 1/2 cup of the chicken stock in a small bowl and set it aside.
9. In a small saucepan, melt the butter over medium heat. Add the shallot and sauté until soft and fragrant, 2 minutes. Stir in the sugar and cook until dissolved.
10. Add the sherry vinegar, orange zest, orange juice, fresh rosemary and remaining chicken broth. Raise the heat and bring the mixture to a boil.
11. Give the cornstarch mixture a quick stir, then add it to the saucepan and cook for 30 seconds.
12. Reduce the heat and simmer, whisking constantly, until the sauce has thickened to a syrupy consistency, 2 to 3 minutes.
13. Season the sauce to taste with salt and pepper, remove from the heat and add the bitters. Cover to keep warm.
14. Once the duck skin is crisp, turn the breasts over, raise the heat slightly and continue cooking until an instant read thermometer inserted into the thickest part of the breast registers 130°F for medium-rare (or 140°F for medium), 3 to 6 minutes.
15. Allow the duck breasts to rest for 8 to 10 minutes before slicing.
16. To serve, arrange slices of duck and several orange supremes on each plate, then drizzle the sauce over the top.



## PUMPKIN OLD-FASHIONED

### INGREDIENTS

- 1 1/2 ounces bourbon whiskey
- 1/2 ounce brandy-based orange liqueur
- 1/2 ounce maple syrup
- 2 tablespoons pumpkin purée
- 1 dash aromatic bitters
- Orange peel, or rosemary sprig, for garnish

### DIRECTIONS

1. Gather the ingredients.
2. Combine the bourbon, orange liqueur, maple syrup, pumpkin puree, and bitters in a cocktail shaker filled with ice.
3. Shake well and double strain through a fine mesh strainer into a chilled old-fashioned glass filled with fresh ice.
4. Garnish with an orange peel or rosemary sprig. Serve and enjoy.

### TIPS

- Give this drink a really good shake for at least 30 seconds to thoroughly mix the ingredients. The maple syrup and pumpkin puree are not as easily mixed as typical cocktail ingredients, so putting a little more effort into it will help.
- To ensure a clean drink, it is wise to fine-strain this drink. Simply use your normal cocktail strainer and pour through a fine-mesh strainer that's placed over the glass. This should catch any extra pumpkin chunks.
- For the bourbon, choose a top-shelf whiskey, just like you would for any old-fashioned recipe. This one would actually be best with a really bold bourbon because it will not get lost against the pumpkin. Look for anything that's bottled higher than 80-proof.
- Pumpkin puree is a great way to transform the flesh into a useful ingredient for food, as well as drinks. If you don't want to use canned, there are a couple of simple ways to make it from fresh pumpkin. The quickest method bakes pieces of pumpkin in a 350 F oven for 45 to 60 minutes. You can also make pumpkin puree in a slow cooker, cooking the pieces on low for about 5 hours. With either, use a food processor or electric mixer to mix the soft pumpkin into a smooth puree.