



WILD. NATURAL. SUSTAINABLE.

# Espresso Rubbed Moulard Duck Breast

Active Prep Time: 1 hour 35 minutes • Yields: 1-2 servings

## Ingredients:

¼ cup chili powder  
2 tbsp. paprika  
1 tbsp. dry mustard  
1 tbsp. coriander ground  
1 tsp. ginger powder  
¼ cup espresso grounds  
2 tbsp. brown sugar  
1 tbsp. black pepper  
1 tbsp. oregano  
1 tbsp. salt  
1 pkg. Fossil Farms' Moulard Duck Breast, 13 oz.  
2 tbsp. unsalted butter  
2 cloves garlic, peeled  
1 sprig fresh thyme

**Optional:**  
4 ea. Yukon potatoes  
1 cup root vegetables

## Method:

1. Thaw out the Duck breast at least 1 hour before cooking. With a sharp knife, slice a criss-cross pattern gently into the skin, being careful not to pierce the meat below.
2. Add all the dry ingredients in blender and mix until incorporated.
3. Season Duck breast with the rub mixture to coat both sides, then place extra rub in a sealed container. Add the breast in a hot iron skillet, skin side down, to sear and render out the fat. This will take about 10 minutes.
4. Once the fat is nice and crispy flip the breast and allow to cook for 5 minutes, drain the fat from the Duck breast in a medium bowl.
5. Add the butter, garlic, and thyme, then, gently tilting the pan to one side, use a long handled spoon to baste the foaming butter over the Duck breast.
6. Baste about 3 minutes, then remove the iron skillet from the heat.
7. Remove and let rest for 5 minutes before slicing in a diagonal direction.
8. Serve with vegetables, potatoes or any side dishes of your choice and enjoy!

## Equipment:

Oven  
Measuring cups and spoons  
Knife  
Food blender  
Sealed container  
Iron cast skillet  
Medium bowl  
Large spoon  
Knife  
Serving plate

