

## **Caramelized Duck w/ Walnut Parsley Rice**

### **Ingredients**

#### **FOR DUCK**

- 6(8 oz.) Boneless duck breasts with skin
- Salt and Pepper

#### **FOR SAUCE**

- 2 ½ c. Orange juice
- ¼ c. Fig Balsamic
- 3 Tbsp. Maple Syrup
- 1 Cinnamon stick
- 2 Whole cloves
- 1 Tsp. Salt

#### **FOR RICE**

- 2 c. Brown rice
  - 4 ½ c. Chicken or Vegetable broth
  - 1 c. Toasted Walnuts chopped
  - **Caramelized Duck w/ Walnut Parsley Rice—(continued)**
- 
- ½ c. Minced shallot
  - 1c. Fresh Italian parsley coarsely chopped

#### **ROASTED WALNUT OIL FOR DRIZZLING**

Pat duck breasts dry. With a sharp knife, score skin in 1 in. crosshatch pattern, taking care not to cut into the meat. Sprinkle breasts with salt and pepper.

In a large sauce pan, combine rice and stock and bring to a gentle boil. Remove from heat and let stand covered for 20 min.

Stir together all ingredients for sauce in a small sauce pan. Reduce by half on a low simmer stirring frequently. Set aside.

Broil duck breasts skin side down for 8 minutes, then turn over and broil until the center of the breast is 130 degrees. About 10 min. for medium rare. Cut duck breasts at a 45 degree angle into thin slices. Arrange on plate and pour sauce over duck.--Sauté minced shallot and chopped walnuts until soft. Toss shallot, walnuts and parsley with brown rice. Arrange on plate and drizzle Roasted Walnut Oil over rice.