



WILD. NATURAL. SUSTAINABLE.

## *Fossil Farms Seared Pekin Duck Breast with Soft Cooked Duck Egg Risotto*

### **Fossil Farms Seared Pekin Duck Breast with Soft Cooked Duck Egg Risotto**

#### **Ingredients**

2 nine oz. [Fossil Farms Magret Duck Breast](#)

1 cup Arborio rice

¼ cup white wine

2 tbsp butter .

2 cups chicken stock

2 Duck Eggs (Can purchase these in the [Fossil Farms Company Store & Retail Market](#) in Boonton, NJ)

#### **Directions for the Duck Breast**

Open Duck Breast out of package and score skin on the bias. Place Duck Breast in cast iron pan skin side down and heat to medium. Cook skin side down for approximately 15 minutes or until fat has rendered from skin and is brown and crispy. Turn Duck Breast over onto meat side and continue to cook 3-5 minutes or until duck is at desired internal temperature. Let rest 10 minutes; slice and serve.

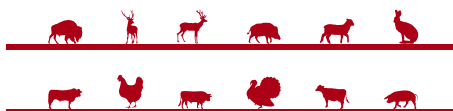
#### **Directions for the Duck Eggs**

Heat water in medium saucepot to 138 degrees. Add Duck Eggs in the shell and cook for 30 minutes, keeping the temperature constant with low heat and a thermometer or emersion circulator. Let eggs rest for 10 minutes.

#### **Directions for Risotto**

Bring chicken stock to simmer and reduce heat to low. In small sauce pot add 1 tsp butter and toast Arborio rice for 2-3 minutes. Add wine and reduce. When wine is reduced by half, add chicken stock 1 ladle at a time, stirring constantly. Continue by adding more stock and stirring at medium heat as liquid cooks off until all chicken stock is gone. Season to taste with salt and pepper and finish with butter.

After risotto is plated indent the top with a spoon to cradle the egg. Crack soft cooked duck over the rice.



81 Fulton Street • Boonton, NJ 07005

TEL: 973.917.3155 • FAX: 973.917.3156

[www.fossilfarms.com](http://www.fossilfarms.com)

