



# Pan-seared Duck Breast w/cauliflower, feta, peas

Prep Time: 21 minutes  
Cook Time: 15 minutes  
Yield: 4 servings

## INGREDIENTS

**Duck Breast**

**Head of Cauliflower**

**One Pound of Peas**

**One Pound of Mushrooms**

**4 Ounces of Feta Cheese Crumbles**

**1 Lime**

**3 Cloves of Garlic**

**1 Cup of Heavy Cream**

**5 Cups of Water**

**1 Stick of Unsalted Butter (8 TBSP)**

**2 Ounces of Fine Sea Salt  
(Non-Iodized)**

**¼ Teaspoon of Coarse Sea Salt  
(Non-Iodized) (Measurement Per  
Duck Breast)**

**¼ Teaspoon of Lemon Pepper  
(Measurement Per Duck Breast)**

**¼ Teaspoon of Smoked Paprika  
(Measurement Per Duck Breast)**

## DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Remove the core/stem and leaves from the cauliflower head, then submerge the cauliflower head upside down in a dish with room temperature water mixed with ¼ ounce of fine sea salt. (Leave submerged for 15-20 minutes to allow salted water to remove impurities.)
3. Rinse/clean mushrooms, slice into quarter-pieces, and submerge in a salted water dish just like the cauliflower head. (Leave submerged for 10-15 minutes)
4. Bring five cups of water with ¼ ounce of sea salt to a rolling boil.
5. Add one pound of peas to boiling water and allow to cook for two minutes (if peas are frozen, then return water to boiling first).
6. Remove ½ cup of peas from water, place them in a small bowl (preferably a metal mixing bowl), and place bowl on top of ice that is sitting in a larger bowl (this will keep the peas from continuing to cook and allow for them to be used as a garnish).
7. Place remaining peas in a blender with one cup of heavy cream, the juice from squeezing ½ lime, two tablespoons of butter, and one teaspoon of sea salt, then blend ingredients together for two minutes (or until puree consistency).



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Recipe adapted from:  
Chef Andrew Gajadhar

8. Pour puree through a siv (fine wire mesh strainer) into a bowl/container, then use a silicone spatula to push the remaining puree through the siv (this will separate the skin of the peas from the puree).

9. Score duck breast skin (slice several diagonal slits across skin), without cutting through meat, and season skin with  $\frac{1}{4}$  teaspoon of coarse sea salt.

10. Place duck breast skin side down on an unheated (room temperature) cast iron skillet (large enough to fit all the mushrooms and cauliflower). Place skillet on stovetop, then turn on heat to medium high (roughly 7 out of 10). Season the meat side up with  $\frac{1}{4}$  tablespoons of lemon pepper and smoked paprika, and heat skin side down for roughly four minutes (until skin is browned and crisp).

11. Flip over duck breast and sear the meat side of the breast (roughly 20 seconds), making sure to lean the breast on all sides of the curved meat. Turn the breast back over, skin side down, and place in the 400 degrees Fahrenheit oven for six minutes.

12. Strain water from cauliflower, rinse cauliflower, then dice cauliflower into rice consistency. Strain and rinse mushrooms, then slice three cloves of garlic.

13. Using oven mitts, take pan out of the oven and place cooked duck breast on a plate to rest with the skin side up, then place pan back on stovetop on medium high heat.

14. Place mushrooms in heated pan, making sure to shake the pan for about two minutes (so that the mushrooms don't stick to the pan).

15. Add four tablespoons of butter to pan of mushrooms, continue to cook for another two minutes (shake pan and/or stir mushrooms to coat with butter), then add cauliflower rice, sliced garlic, and the juice of  $\frac{1}{2}$  squeezed lime to pan. Salt to taste (roughly one tablespoon), and continue cooking until the cauliflower is fork tender (roughly three to five minutes).

16. Remove cauliflower and mushroom blend from pan, slice duck breast (skin side down), and plate with pea puree spooned over cauliflower/mushroom blend, cooked peas and feta crumble on top of puree, and sliced duck breast on top (skin side up)