

# Duck & Thyme-Butter Pan Sauce

with Caramelized Onion Potato Cakes & Arugula-Pear Salad

## WHY WE LOVE THIS DISH

Rich and savory flavors abound thanks to duck breasts topped with a decadent pan sauce and a side of crispy potato cakes, which boast a tender interior filled with sweet caramelized onions and melty smoked gouda—all finished with a dollop of cooling sour cream.

## TECHNIQUE TO HIGHLIGHT

After cooking the duck, you'll drain the rendered fat into a small bowl to solidify. We highly recommend storing it in your refrigerator! Use it in place of cooking oils for added richness and depth of flavor.



**PREMIUM**



2 SERVINGS

⌚ 45-55 MINS







Serve a bottle of Blue Apron wine with this symbol: Full & Savory.  
[blueapron.com/wine](https://blueapron.com/wine)

## Ingredients\*

-  2 Skin-On Duck Breasts
-  2 oz Arugula
-  1 bunch Chives
-  1 bunch Thyme
-  1 Pear
-  2 oz Smoked Gouda Cheese

-  ¼ cup Sour Cream
-  1 oz Salted Butter
-  1 ½ Tbsps Spicy Maple Syrup
-  5 Tbsps Chicken Demi-Glace
-  1 Tbsp Sherry Vinegar
-  3 oz Caramelized Onions & Garlic

-  1 Tbsp Whole Grain Dijon Mustard
-  ½ cup Potato Flakes
-  ½ cup Biscuit Mix
-  2 Tbsps Sliced Roasted Almonds

\*Ingredients may be replaced and quantities may vary.

   Share your photos with #blueapron



"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 250°F (you will use the oven to keep your potato cakes warm).
- Wash and dry the fresh produce.
- Grate the **cheese** on the large side of a box grater.
- Thinly slice the **chives**.
- Halve, core, and thinly slice the **pear**.
- Pick the **thyme** leaves off the stems.
- In a medium bowl, combine the **potato flakes, biscuit mix, caramelized onions, grated cheese**, and  $\frac{1}{2}$  **cup of water**; season with salt and pepper. Gently stir until just combined (be careful not to overmix). Set aside to let the batter rest at least 5 minutes.
- In a separate bowl, combine the **thyme leaves, maple syrup, vinegar**, and **demi-glace**.
- In a separate, large bowl, combine the **mustard** and **1 tablespoon of olive oil**; season with salt and pepper.



## 2 Make the potato cakes

- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Scoop the **batter** into the pan to make 6 equal-sized cakes, keeping them separate.
- Using the back of a spoon, gently flatten each cake into a 3- to 4-inch diameter. Cook 3 to 4 minutes per side, or until golden brown and cooked through.
- Transfer to a sheet pan; season with salt. Place the sheet pan in the oven to keep warm.
- Wipe out the pan.



## 3 Cook the duck

- Pat the **duck** dry with paper towels. Season with salt and pepper on both sides.
- Heat the same pan on **medium** until hot.
- Add the seasoned duck, skin side down. Cook 9 to 11 minutes, or until browned and the skin is crispy. Flip and cook 4 to 5 minutes for medium (145°F), or until cooked to your desired degree of doneness.\*
- Transfer to a cutting board, skin side up, and let rest at least 10 minutes.
- Carefully drain the **duck fat** into a small bowl. (Set aside to solidify. Cover and refrigerate for future use, or discard if desired.)
- Wipe out the pan.



## 4 Make the pan sauce

- While the duck rests, heat the same pan on medium-high until hot.
- Add the **thyme sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until slightly reduced in volume.
- Turn off the heat; stir in the **butter** until melted and combined.



## 5 Make the salad & serve your dish

- To the bowl of **mustard dressing**, add the **sliced pear** and **arugula**; toss to coat. Taste, then season with salt and pepper if desired.
- Flip the **rested duck** to be skin side down on the cutting board (to easily cut through the skin). Thinly slice crosswise.
- Serve the **sliced duck** (skin side up) with the **potato cakes** and **salad**. Top the duck with the **pan sauce**. Top the potato cakes with the **sour cream** and **sliced chives**. Top the salad with the **almonds**. Enjoy!



\*The USDA recommends a minimum safe cooking temperature of 165°F for duck. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](http://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC  
New York, NY 10005