

Seared Duck & Balsamic-Grape Pan Sauce

with Arugula, Artichoke & Farro Salad

WHY WE LOVE THIS DISH

Sweet and savory flavors abound thanks to the rich pan sauce of juicy grapes, balsamic vinegar, honey, demi-glace, and butter that we're spooning over crispy-skin duck breasts, plus a hearty grain salad served underneath.

TECHNIQUE TO HIGHLIGHT

Once you finish cooking the duck, you'll drain the rendered fat into a small bowl to solidify. We highly recommend storing the fat in your refrigerator for future use! Swap it in for other cooking oils for added richness and depth of flavor.



PREMIUM

2 SERVINGS

🕒 50-60 MINS



Serve a bottle of Blue Apron wine with this symbol: Full & Savory.
blueapron.com/wine

Ingredients*

-  2 Skin-On Duck Breasts
-  ½ cup Semi-Pearled Farro
-  1 Shallot
-  ¼ cup Marinated Artichoke Hearts
-  ½ oz Pickled Peppadew Peppers

-  2 oz Arugula
-  1 bunch Parsley
-  4 oz Red Seedless Grapes
-  1 oz Salted Butter
-  0.7 oz Grana Padano Cheese

-  2 Tbsps Balsamic Vinegar
-  2 ½ Tbsps Chicken Demi-Glace
-  2 tps Honey
-  2 Tbsps Sliced Roasted Almonds

*Ingredients may be replaced and quantities may vary.

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"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & start the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Roughly chop the **peppers**.
- Roughly chop the **artichokes**.
- Peel and finely chop the **shallot**.
- Remove and discard any stems from the **grapes**; halve the grapes.
- Roughly chop the **parsley** leaves and stems.
- In a bowl, combine the **demi-glaze**, **vinegar**, **honey** (kneading the packet before opening), and **1 tablespoon of water**.



2 Cook & finish the farro

- Add the **farro** to the pot of boiling water. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **arugula**, **chopped peppers**, **chopped artichokes**, **cheese** (crumbling before adding), and a drizzle of **olive oil**; stir to combine.
- Taste, then season with salt and pepper if desired.



3 Cook the duck

- Meanwhile, pat the **duck** dry with paper towels. Season with salt and pepper on both sides.
- Heat a medium pan (nonstick, if you have one) 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, in the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped shallot**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Add the **halved grapes**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until slightly thickened.
- Turn off the heat; stir in the **butter** until melted and combined.



5 Slice the duck & serve your dish

- Flip the **rested duck** to be skin side down on the cutting board (to easily cut through the skin). Thinly slice crosswise.
- Serve the **finished farro** topped with the **sliced duck** (skin side up) and **pan sauce**. Garnish with the **chopped parsley** and **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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



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

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