

Pan-Seared Hudson Valley Moulard Duck Breast w/ Charred White Corn and Blueberry-Ginger Relish

Ingredients

1 Hudson Valley Moulard duck breast
1 ear white corn, shucked
1 cup blueberries, chopped
1 shallot, minced
1 Serrano chile, seeded and minced
1 tablespoon ginger, grated
1 tablespoon orange zest
1 tablespoon mint, chopped
½ teaspoon ground star anise
Aged sherry vinegar
Sea salt
Fresh cracked black pepper

Directions

Season the Hudson Valley Moulard duck breast with sea salt and fresh cracked black pepper. In a hot cast iron skillet, place the duck breast fat side down. When fat is golden brown, flip the breast over and continue to cook over medium-high heat until done, 10-12 minutes. Remove duck breast from pan and keep warm in oven set at low temperature.

Remove most of the fat from the pan; discard or save for another use. Add shucked corn to remaining duck fat in hot cast iron skillet; cook until corn begins to caramelize. Finish with splash of aged sherry vinegar, and season with sea salt and fresh cracked black pepper. Set aside.

While corn is cooking, mix blueberries, shallot, Serrano chile, ginger, orange zest, mint and star anise in bowl. Season with sea salt. Serve the duck breast topped with the relish and the charred corn on the side. 