



Caramelized Duck w/ Walnut Parsley Rice

Ingredients

- 6 (8 oz.) boneless duck breasts with skin
- salt and pepper

For Sauce

- 2 ½ cup orange juice
- ¼ cup [Fustini's Fig Balsamic](#)
- 2 tablespoons [Fig and Maple Paste](#)
- 3 tablespoons [Iron Fish Bourbon Maple Syrup](#)
- 1 cinnamon stick
- 2 whole cloves
- 1 teaspoon salt

For Rice

- 2 cups brown rice
- 4 ½ cups chicken or vegetable broth
- 1 cup toasted walnuts chopped
- ½ cup minced shallot
- 1 cup fresh Italian parsley coarsely chopped
- [Fustini's Walnut Oil for garnish](#)

Directions

Step 1.

Pat duck breasts dry. With a sharp knife, score skin in 1 inch crosshatch pattern, taking care not to cut into the meat. Sprinkle breasts with salt and pepper.

Step 2. Rice

In a large saucepan, combine rice and stock and bring to a gentle boil. Remove from heat and let stand covered for 20 minutes.

Step 3. Sauce

Stir together all ingredients for sauce in a small saucepan. Reduce by half on low simmer, stirring frequently. Set aside.

Step 4.

Broil duck breasts skin side down for 8 minutes, then turn over and broil until center of the breast is 130 degrees. (about 10 minutes for rare). Cut duck breasts at a 45 degree angle into thin slices. Arrange slices on plate and pour sauce over duck.

Step 5.

Sauté minced shallot and chopped walnuts until soft. Toss shallot, walnuts and parsley with brown rice. Arrange on plate next to duck and drizzle Fustini's walnut oil over rice.