

Pan Roasted Duck Breast with Mandarin on Crispy Ciabatta



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
Real High Tea Australia Volume 2

Ingredients

Pan Roasted Duck Breast with Mandarin on Crispy Ciabatta

- 2 duck breasts, trimmed of excess fat and the skin side scored
- 4 mandarin segments
- 4 thin slices of ciabatta, made crispy with a little oil on a hot plate

Methods and Directions

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- Season the breasts with sea salt.
- Render the skin side of the duck until golden.
- Turn the breast over and place in a hot oven for 7 minutes
- Remove from the oven and allow to rest.
- Cut lengthwise into thin strips.



- Arrange on the crispy ciabatta, garnish with the mandarin segments.

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