

Spiced Duck Breast with Roasted Figs

Serves 8

This is a perfect combination of late summer and autumn, with perfectly roasted figs and crispy skinned duck breast.

Ingredients

8 ea. duck breast halves, boneless (about 7oz. ea.)
1 tsp. fennel seeds
½ tsp. black peppercorns
½ tsp. coriander seeds
2 ea. juniper berries
2 ea. allspice berries
2 tsp. kosher salt
1 tsp. Orange zest, grated
Olive oil
[Roasted Figs](#)

Method

Oven Temperature: 550-575 degrees

- Score the skin of each duck breast in a cross-hatched fashion in ¼ -½ -in. intervals. Be sure to score just the skin and avoid cutting into the meat.
- Grind fennel, peppercorns, coriander, juniper, and allspice in a spice grinder. Mix with salt and orange zest. Sprinkle mixture over both sides of duck breasts and let sit for at least 20 minutes. You may also cover with plastic and refrigerate overnight.
- **Flame Height: 3.6**
- Preheat two 10-in. cast iron skillets in center of the oven for 5 minutes. Drizzle a little olive oil in the bottom of each pan.
- **Flame Height: 3**
- Place 4 breast halves in each skillet, skin side down.
- Return pans to **center of the oven** to sear the skin and render most of the fat. This should take 3-4 minutes. You want it to be nicely browned on the skin side.
- Now move the pan **closer to the flame**; and continue cooking 1-2 more minutes, or until just springy to the touch. Cooking the duck so the flesh never touches the hot pan gives you a more tender breast; but make sure the skin does not burn in this last minute or so.
- Let sit for 5 minutes before serving.

We like [Maple Leaf Farms](#) duck breasts.

It's nice to slice the duck on the diagonal about 1/8-in. thick, and fan each half breast slightly on individual plates.

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