

# Seared Duck with Spiced Clementine Preserves

**SERVES: 2**  
**TIME: 1 HOUR**

## INGREDIENTS:

1 one-pound duck breast, skin on  
1 tablespoon of olive oil  
salt and pepper, to taste  
1 cup of clementine juice (or orange juice)  
¼ cup of sugar  
¼ cup of orange liqueur (such as Cointreau)  
¼ teaspoon of five-spice powder  
1 tablespoon cornstarch  
4 clementines

## DIRECTIONS:

1. Preheat your oven to 350°F.
2. Using a very sharp knife, score the skin of the duck in a crosshatch pattern. Make sure to cut through the fat down to the flesh but not through the flesh. Pat the skin dry with a paper towel.
3. Place a medium-sized cast iron or other oven-safe pan over low heat. Add the tablespoon of olive oil and swirl it around the pan.
4. Place the duck skin-side down into the pan. Cook over a very low flame to render the fat and crisp the skin. This will take 25 – 30 minutes. Season the duck generously with salt and pepper.
5. While the duck fat renders, make the spiced clementine sauce. Place a small saucepan over medium heat. Add the clementine juice, sugar, orange liqueur, and five spice powder. Bring the liquid to a boil and reduce to a simmer.
6. In a small bowl, mix the cornstarch with a tablespoon of water to create a slurry.
7. Add the slurry to the juice mixture. Simmer the liquid for an additional 3 – 5 minutes until it has thickened slightly.
8. Peel the whole clementines, removing as much of the white stringy stuff as possible, discard the peels, and break the fruit down into individual segments.
9. Remove the sauce from the heat and stir in the segments. Set the sauce aside to cool to room temperature.
10. The duck is ready to flip when the skin is a dark amber color and crispy to the touch.
11. Flip the duck and brown the other side.
12. Transfer the pan to the preheated oven and cook to desired temperature. The timing of this step will depend on how thick your duck breast is. For medium-rare, it may only take 4 – 5 minutes for the duck to reach an internal temperature of 135°F.
13. When the duck has reached your desired doneness, remove it from the oven and cover it with foil. Let rest for 10 minutes before slicing into half-inch slices.
14. Place three or four slices on each plate. Add a generous drizzle of clementine sauce and a few clementine segments. Serve immediately.

# Venison Stew

**SERVES: 4**  
**TIME: 3 HOURS**

## INGREDIENTS:

1½ pounds of venison stew meat, cubed  
3 tablespoons of olive oil  
1 medium onion, diced  
2 cloves of garlic, minced  
1 ½ tablespoons of all-purpose flour  
1 tablespoon of tomato paste  
½ cup of red wine  
1 cup of chicken stock  
2 sprigs of fresh thyme  
1 pound of small potatoes, quartered  
2 carrots, peeled and sliced  
½ cup of frozen peas  
salt and pepper, to taste

## DIRECTIONS:

1. Sear half the cubed venison in 1 tablespoon of oil in a large Dutch oven over medium-high heat until browned on all sides, about 6-8 minutes. Season with salt and pepper. Repeat with the remaining venison. Set the meat aside.
2. Turn the heat down to medium and add the third tablespoon of olive oil, followed by the diced onion. Season the onion with salt and cook until translucent, about 5 minutes.
3. Add garlic and cook for about a minute until fragrant.
4. Next, stir in the flour and cook until lightly browned, about 2 minutes.
5. Follow with the tomato paste, red wine, and chicken stock. Using a wooden spoon or spatula, scrape up the brown bits from the bottom of the pot.
6. Return the venison and its juices to the pot and season with salt and pepper.
7. Bring the liquid to a boil and reduce to a simmer. Cook for 1 hour.
8. After an hour, add the potatoes and carrots. Cover the pot and let simmer for an additional 40 minutes until the vegetables and venison are tender and the meat has an internal temperature of 160°F.
9. Stir in the peas and cook for 5 more minutes until they are warmed through.
10. Spoon the stew into bowls and serve immediately.