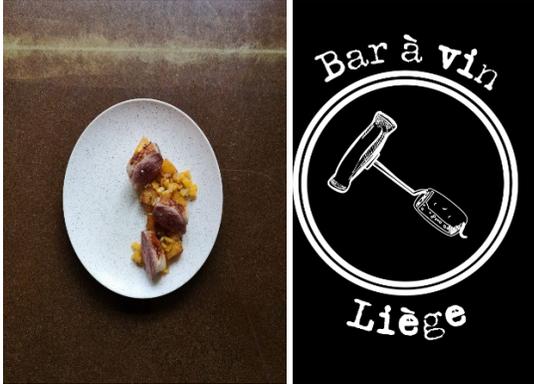


Montréal spiced duck breast



Ingredients for duck:

1 duck breast

Montréal steak spices:

salt, pepper, dried onions, dried garlic, coriander seeds, rosemary, mustard seeds, cumin, dried oregano, dried thyme, paprika.

Method for duck:

Preheat your oven to 425 F

Remove all gray tissues on the meat, score the skin with your knife.

Rub with Montréal steak spices on the meat side

Place the duck breast on a pan, skin side down, heat at medium high temperature until the skin has a golden brown color and some of the fat is rendered.

Flip the breast and add a bit of water, enough to cover the bottom of your pan.

Cook in oven for about 15 minutes or until the intern temperature reach 146 F.

When cooked, wrap the duck in foil to avoid cooling for a couple of minutes.

Cut the breast transverse muscle grain in 4 or 5 pieces and place on your butternut garnish.

Ingredients for butternut garnish:

1 butternut squash

25ml of olive oil

1 small onion

1 clove of garlic

4 tablespoons of sugar

80ml of apple cider vinegar

50ml of water

Salt and pepper to taste.

1 tablespoon of butter

Method for the butternut squash garnish:

Cut the upper half of the squash and peel it.

Cut pieces into dice size and some into smaller dices (about four times smaller). Keep those in separate bowls.

Dice the onion and garlic, set aside.

Melt butter with olive oil into a pan, when hot place your big dices into the pan and color them.

Add onion and garlic and sweat until soft.

Add your smaller dices and sugar to the mix. Cook for about two minutes while stirring.

Deglaze with the apple cider vinegar and let evaporate half the liquid.

Season with salt and pepper to your taste and pour water into the pan. Let boil, stir occasionally.

When the bigger dices are cooked and your liquid is evaporated, serve at the bottom of the plate.

Wine suggestion:

Pinot noir grape with low sugar (<3g/L), e.g. Bourgogne, Oregon, New Zealand, Niagara.