



THE  
GLUTTONOUS  
GEEK

# SEARED FARFETCH'D W/ LEEKS

**Equipment:** Microwave, large oven-proof skillet, medium skillet, small saucepan, stovetop, oven, tongs.

*Serves 4*



## Ingredients:

### Duck and Leeks

- 4 duck breasts
- 1 large leek, white and light green parts sliced into 1/2" thick coins
- sugar
- plum wine
- kosher salt
- black pepper

### Plum Wine Sauce

- 1 Tb sugar
- 3 Tb brown rice flour
- 1 1/2 cups plum wine
- 1-2 Tb soy sauce (to taste)
- 1/2 tsp garlic powder
- 1/4 tsp ground ginger
- 1/2 tsp sugar

### Rice Cakes

- 2 cups cooked long grain rice
- 2 Tb brown rice flour
- 1 egg
- 2 Tb rice vinegar
- 1 Tb sugar
- 1 Tb kosher salt

## Instructions:

1. Preheat the oven to 400° F
2. Start making the rice cakes by heating a dish with the sugar, rice vinegar, and salt in the microwave on high for about 30 seconds. Place the rice in a mixing bowl and drizzle the vinegar mix over it. Mix thoroughly with your hands. Add the egg and flour and mix again. Form four patties with the rice and set aside.
3. Lightly score the fat top of the duck breasts in a criss-cross pattern with a sharp knife. Heat the oven proof skillet on the stove top on medium. Place the duck breasts fat side down and let it render for about six minutes. Reserve 3/4 cup of duck fat in measuring cup or dish and drain most of the rest into a clean, sealable jar for future use. Sear on the other side for a minute.
4. Turn the breasts back on the fat side and place the skillet in the oven to roast for another 7 minutes. Remove from the oven when finished and let duck rest on a cutting board for at least 5 minutes. Tent with foil to keep warm if you need more time to cook the other components. Drain the fat from the large skillet into the jar.
5. While the duck is roasting, heat up 4 Tb of duck fat in the medium skillet. Carefully place each rice patty in the fat and press lightly with a spatula. When the patties browned and release easily, flip and brown the other side. Place a rice cake in each serving bowl and cover to keep warm.
6. While the patties are cooking, heat the saucepan on another burner with 3 Tb of duck fat and whisk in the brown rice flour for the sauce. When the slurry thickens and bubbles, pour in the plum wine and other sauce ingredients. Whisk to mix thoroughly and reduce heat to low. Adjust soy sauce and sugar to taste.
7. Heat the medium skillet up again with the remaining reserved duck fat (about 2-4 Tb). Add the leeks, a pinch of salt and pinch of sugar. Flip the leeks when they start to soften and brown on the other side. Add a splash or two of plum wine to deglaze the skillet and cook until the liquid has soaked up. Distribute the leeks among the serving bowls.
8. Slice each duck breast along the grain and add to the bowls. Remove the sauce from heat and drizzle some on the duck. Serve.

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