

Pistachio Honey Roasted Duck Breasts with Farro Risotto

Serves 4:

Ingredients

2 to 3 duck breasts, preferably Magret, 2 pounds total
kosher salt and freshly ground black pepper

1/2 cup honey
1 star anise
3/4 cup roasted salted shelled pistachios, roughly chopped

Farro Risotto:

1 small red onion, finely chopped
1 tablespoon olive oil
1 1/2 cups farro
1/4 cup white wine
3 cups water
1 tablespoon good quality butter
1/4 cup freshly grated Parmesan cheese
kosher salt and freshly ground black pepper

Preparation

Preheat oven to 450 degrees.

Trim any fat from duck breasts and, using point of a sharp knife, score skin by making cross hatch marks. Season with kosher salt and freshly ground pepper.

Heat a heavy ovenproof skillet, preferably cast iron, over a medium flame.

When pan is hot, add breasts skin side down to pan and lower heat slightly.

Sauté until most of fat has rendered and skin is nicely golden brown, about 8 to 10 minutes.

Turn breasts over and cook another minute.

Remove breasts from the pan and carefully pour off the fat.

In a small saucepan, bring honey to a boil over medium-high heat.

Add star anise and pistachios and cook until reduced by half, stirring constantly, about 2 minutes.

Place duck back into skillet and spoon honey and pistachios over breasts.

Place pan in oven and roast for 5 minutes.

Remove duck breasts to a cutting board and let rest for 5 minutes; remove star anise.

Make Farro Risotto: in a large saucepan, heat olive oil over medium heat.
Add finely chopped red onion and sauté until just translucent.
Add farro and cook, stirring to coat in the oil.
Pour wine over farro and cook, stirring constantly, until wine is absorbed, about 2 minutes.
Slowly add the water, 1 cup at a time, and cook, stirring until each cup is fully absorbed by the grain.
This should take about 25 minutes and the farro will be creamy and al dente.
To finish, add butter and grated Parmesan cheese and stir until risotto has thickened, 3 to 4 minutes.
Taste and season with kosher salt and black pepper.

Carve duck breasts diagonally into slices.
Serve sliced duck, topped with honey pistachio sauce, alongside the farro risotto.
Garnish all with chopped chives.

passioneats | 5.11.2011
www.passioneats.com