

## Seared Duck Breast with Morels and Asparagus

<http://userealbutter.com/2018/04/08/duck-morels-asparagus-recipe/>

2 duck breasts, skin-on  
sea salt  
freshly ground black pepper  
4 oz. fresh morel mushrooms  
2 tbsps unsalted butter  
1/4 cup shallots, minced  
1/4 cup brandy  
1 tbsp vegetable oil  
3 cloves garlic, peeled and coarsely chopped  
6 oz. asparagus, cut into 1-inch pieces  
6 oz. snap peas, cut into 1-inch pieces

Preheat oven to 350°F. Score the duck skin in a criss-cross pattern with a 1-inch grid. Lightly salt and pepper both sides of the duck breasts. Set aside.

Dry fry the mushrooms in a frying pan over medium high heat. The morels will give up their liquid. Let the liquid boil off. Remove the mushrooms from the pan to a bowl. Melt a tablespoon of butter in the same pan and sauté the shallots until they turn translucent. Add the second tablespoon of butter and the dry fried morels. Sauté until the mushrooms are lightly seared in the butter. Add the brandy and simmer until liquid is reduced by half. Season with salt and pepper. Remove from heat and set aside.

In a clean sauté pan or skillet, heat a tablespoon of vegetable oil over medium high heat. Add the garlic and stir until fragrant. Sauté the asparagus and snap peas in the pan until cooked, but still bright green. Season with salt. Remove from heat and set aside.

Wipe down the sauté pan or skillet that you used to cook the asparagus and snap peas. Set the pan on high heat. When the surface is hot, place the duck breasts skin-side down in the pan. Reduce the heat to medium. Baste the tops of the duck with the duck fat. When the skin has crisped and browned, flip the breasts over and cook for another minute until seared. Turn off the heat and transfer the duck breasts on a baking sheet, skin-side down. Finish the duck in the oven for 4 minutes (medium rare should register 135°F). Remove from oven and let the duck rest for a few minutes before slicing on a diagonal against the grain.

Serve the duck with the mushrooms and asparagus. Serves 2.