

SEARED DUCK BREAST LETTUCE WRAP WITH ASIAN VINAIGRETTE



Yields:

4 lettuce wraps

INGREDIENTS

1	BC Duck Breast, thawed	1
to taste	Salt & Pepper	to taste
1	BC Butter Lettuce, washed and leaves separated	1
5	BC Radishes, pickled	5
1	BC Carrot, pickled	1
½	BC Cucumber, sliced thin	½
1 bunch	BC Green Onion, sliced fine on the bias	1 bunch
1 cup	Asian Vinaigrette	250 ml

DIRECTIONS

1. Preheat oven to 400 F.
2. Trim any silver skin remaining on the BC Duck Breast and score the fat in a checkered pattern. Season duck breast with salt and pepper to taste.
3. Place duck breast fat side down in a cold frying pan. Turn heat to medium-high heat and cook for 10-12 minutes or until fat has rendered out and the skin is golden brown.
4. Flip the duck breast and sear for 1-2 minutes.
5. Flip the duck breast back over and place the duck in the oven for 5-7 minutes or until desired doneness is reached.
6. Remove the duck breast from the pan and let rest on a cutting board for 10 minutes before slicing.
7. Place some sliced duck breast onto a BC Lettuce leaf. Top with quick pickled BC Radish and Carrots. Add BC Cucumber and BC Green Onion. Finish with Asian Vinaigrette.

QUICK PICKLED RADISHES & CARROTS

 *Yields:*
2 cups (500 ml)

INGREDIENTS

1 cup	Rice Wine Vinegar	240 ml
1 tbsp	Kosher Salt	15 ml
2 tbsp	Sugar, Granulated	30 ml
1	BC Carrot, julienned	1
5	BC Radishes, sliced thin	5

DIRECTIONS

1. In a small sauce pot, bring vinegar, salt, and sugar to a boil.
2. Place sliced BC Carrot and BC Radishes in separate small bowls.
3. Add equal amounts of the hot vinegar mixture to each bowl of vegetables. Be sure to cover with the pickling liquid.
4. Let sit for at least 15 minutes.

ASIAN VINAIGRETTE

 *Yields:*
1 cup (250 ml)

INGREDIENTS

3 cloves	BC Garlic, minced	3 cloves
¼ cup	Rice Wine Vinegar	60 ml
½ cup	Sweet Chili Sauce	125 ml
1 tbsp	Sesame Oil	15 ml
3 tbsp	Soy Sauce	45 ml

DIRECTIONS

1. Combine all ingredients in a bowl and mix.