



Poached Duck Breast Rolls

Courtesy LadyFingers Private Chef and Catering Service
6 servings

Ingredients:

2 large fresh duck breasts
salt and pepper, to taste
dash of allspice

Instructions:

1. Place a large pot of water over high heat. Bring to a boil.
2. Pound duck breasts flat and trim each breast piece to roughly form a rectangle. Season with salt and pepper and allspice.
3. Place two 15-inch pieces of plastic wrap on a flat work surface.
4. Tightly roll each duck breast lengthwise into a cylinder and place on long edge of plastic wrap. Keeping breast rolled tightly, roll in plastic wrap. Take one end of plastic wrap and twist tightly against breast roll. Take the other end and twist tightly in the opposite direction. Tie twisted ends together to secure rolls.
5. Place breast rolls in pot with boiling water and poach for 7-8 minutes for medium-rare.
6. Remove breasts from boiling water and let cool briefly. Remove plastic wrap and cut each breast into three sections.
7. Spoon sauce of choice onto serving plate, top each with duck breast section and serve.