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CRISPY DUCK BREAST SALAD WITH PEACHES AND CHARRED LEMON HOT HONEY

Difficulty: Easy

Serves: 1

Prep: 20 mins

Cooking: 20 mins



INGREDIENTS

- 1 x Breast (approx. 250g)
- 1 small head of radicchio
- 1 head baby cos or little gem lettuce
- 1 small fennel bulb, thinly sliced crosswise
- a few small watermelon radishes, thinly sliced lengthwise
- 2 small or 1 large peach, wedged
- 4 tablespoons cold-pressed, extra-virgin olive oil, plus more
- 1 lemon, halved
- 1 tablespoon hot honey (can be purchased or made from scratch as desired)
- 2 edible flowers, such as pink dianthus, if desired
- Flaky sea salt, freshly ground black pepper

METHOD

1. With the duck breast skin-side-up, gently score the skin in a crosshatch pattern. To do so, Use a very sharp knife to glide along the skin with very little pressure. You want to cut deeply enough to render the fat without exposing any of the flesh. Season on both sides with salt. Then, place the duck breast, skin-side-down into a cold sauté pan and turn the heat to medium-low. It should reach a slow, gentle bubble in a few minutes. Adjust the heat to maintain this as it renders, spooning out the excess fat as it emerges. Once the duck breast has reached about 55 degrees on a meat thermometer, you can increase the heat for further browning until it reaches 60 degrees (for medium). Remove and set aside to rest before slicing.
2. Heat a grill to high. Drizzle olive oil over the peaches, then throw them on the grill along with the lemon. Grill the lemon flesh-side down until charred (1-2 minutes). Remove the lemon and flip the peaches to char the other side for a further 1-2 minutes. They should be nicely blackened in areas, but still juicy and firm. Remove and set aside.
3. In a small bowl, juice half the charred lemon and whisk together with hot honey and olive oil. Season to taste with salt and pepper. Taste and season again with more lemon, honey, salt and pepper if needed. Set aside.
4. In a large bowl, combine the lettuce, radicchio and fennel and toss with the vinaigrette. Taste a leaf and adjust for acidity and seasoning – it should be acidic enough to cut through the fattiness of the duck, slightly spicy and not tangibly sweet, a little bit smoky. On a serving platter or shallow bowl, lay a base of the salad and arrange the thinly sliced radishes, grilled peaches and duck ontop. Top with more flaky salt, black pepper and edible flower petals if you like.

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