



# MARBELLE ENTERTAINS

Savory and Sweet Recipes  
for Every Occasion from  
the Master Chocolatier

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MARIBEL LIEBERMAN

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# Roasted Duck Breast

Although the first published recipe for duck à l'orange is found in Louis Eustache Ude's 1813 cookbook, *The French Cook*, the dish continues to evolve. This delightfully creative and Asian-inflected interpretation is flavored with honey, mustard, ginger, soy sauce, and vinegar.

• SERVES 4 •

## DUCK

1¼ cups (300 ml) soy sauce

One 2-inch (5-cm) piece fresh ginger, peeled and minced

2 tablespoons (40 g) honey

4 cloves garlic, finely chopped

1 large bunch cilantro, stems and leaves finely chopped

Four 8–10 ounce (250–280 g) duck breasts, skin on

1 tablespoon (15 ml) extra-virgin olive oil

## SAUCE

2 sticks plus 4 tablespoons (20 tablespoons/280 g) unsalted butter, cut into small cubes

3 cloves garlic, chopped

½ medium yellow or white onion, chopped

½ cup (120 ml) raspberry vinegar

4 cups (960 ml) freshly squeezed orange juice

Kosher salt and freshly ground black pepper

1 tablespoon honey

1 teaspoon grainy mustard

To make the duck, whisk together the soy sauce, ginger, honey, garlic, and cilantro in a large bowl or baking dish. Add the duck, toss to coat, and refrigerate, covered, for at least 8 hours and up to 12 hours.

One hour before cooking, remove the duck from the refrigerator and let it come to room temperature.

In a large cast-iron skillet, heat the oil over medium heat. Add the duck skin-side down and cook until the skin is crisp and golden brown and the fat is rendered, 8 to 12 minutes; spoon off excess fat as it collects. Turn the duck and continue to cook to desired doneness. An instant-read thermometer will register 135°F to 140°F/57°C to 60°C for medium-rare. Remove the duck from the pan and set aside to rest at room temperature while you make the sauce.

To make the sauce, drain excess fat from the skillet, add 1 tablespoon of the butter, and melt over medium heat. Add the garlic and onion and cook, stirring and scraping up the browned bits in the pan, until translucent, about 3 minutes. Add the vinegar and reduce by half. Add the orange juice and cook, stirring, until reduced by two-thirds, 5 to 7 additional minutes. Season to taste with salt and pepper.

Incorporate the remaining butter, a few pieces at a time, whisking until melted and smooth. Strain the sauce through a fine-mesh sieve into a small clean skillet and set over low heat. Add the honey and mustard and mix well. Remove from the heat but keep warm. Thinly slice the duck and serve with the warm sauce on the side.

## Beet Puree

Beets are believed to have originated in the Mediterranean and spread eastward in prehistoric times. Today, they are a widely cultivated root vegetable that thrives in cool weather. They are referred to as beetroots in English-speaking countries other than the United States. This dish (pictured in top right hand-corner of the image opposite) pairs nicely with Crêpes Suzette served with crème fraîche (see recipe, page 84).

• SERVES 4 TO 6 •

**6 medium beets, peeled and quartered**

**2 tablespoons (30 g) crème fraîche**

**¼ cup (25 g) walnuts**

Arrange a steamer basket in a large pot filled with several inches of water and bring to a boil over high heat. Add the beets, cover, and steam until they are tender enough to pierce with a paring knife, about 20 minutes.

Remove from the heat and allow to cool slightly. Transfer the beets to a blender, reserving the steaming liquid, and puree until smooth. Thin to the desired consistency by adding the steaming liquid in small amounts. Add the crème fraîche and blend to combine.

Transfer the mixture to a serving bowl and scatter the walnuts on the surface.