

Duck and Wild Rice Salad with Orange-Shallot Dressing

Recipe By Rebecca Gross



Cooking and Prep:  1
h 10 m

Serves:  6

Contains: 

Preference: Meat

Difficulty: Medium

Occasion: Rosh Hashanah,
Sukkot

Source: Whisk by Ami
Magazine

Ingredients (21)

Main ingredients

- 2 cups (10 ounces) wild rice
- 3 tablespoons Gefen Olive Oil
- 1 large onion (1 cup), finely chopped
- 4 cups water
- 3 cups Empire Chicken Broth

- 2 (14-ounce) boneless duck breast halves with skin
- salt, to taste plus 1 teaspoon
- freshly ground **Gefen Black Pepper**, to taste
- 1 green pepper, diced
- 6 scallions, thinly sliced diagonally
- 3/4 cup **Gefen Sweetened Dried Cranberries**, chopped
- 1 and 1/2 cups (4 and 1/2 ounces) pecans, chopped and toasted

Garnish

- 1/3 cup French fried onions, crushed

Orange Shallot Dressing

- zest of 1 orange, finely grated
 - 2/3 cup fresh orange juice
 - 1/3 cup **Bartenura Extra-Virgin Olive Oil**
 - 1/3 cup shallot, finely chopped
 - 1 teaspoon fresh thyme, chopped
 - 1 teaspoon brown sugar
 - 1 teaspoon salt
 - 1/2 teaspoon black pepper
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Start Cooking

Prepare the Rice

1. Rinse rice well in a large sieve under cold water and drain. In a medium sauce pan, heat oil over medium heat. Sauté onion, stirring occasionally, until golden, about five minutes.
- 2.

Add rice and cook, stirring, until fragrant, about three minutes. Stir in water and broth and bring to a boil.

3. Reduce heat and simmer, covered, until rice is tender, about 1 - 1 1/4 hours. (Grains will split open but not all liquid will be absorbed.) Drain well in a colander and cool.

Prepare the Duck

1. Preheat oven to 375 degrees Fahrenheit. Pat duck breast halves dry and season with salt and pepper. Score skin in a crisscross pattern and place duck breast halves, skin sides up, in a lightly oiled shallow (one-inch deep) baking pan.
2. Roast in the middle of the oven until an instant-read thermometer inserted horizontally into center registers 120 degrees Fahrenheit (for medium-rare), about 25 minutes.
3. Transfer duck breast halves to a cutting board, and when just cool enough to handle, remove skin. Cut duck breast halves in half horizontally (butterfly-style); then cut across the grain into thin slices.

Prepare the Dressing

1. Whisk together all ingredients in a large bowl and let stand at room temperature while making rice salad.
2. In a large bowl, combine rice, green pepper, scallions, dried cranberries, pecans and one teaspoon salt. Add dressing and toss gently.
3. Using an ice cream scoop, place a mound of rice salad into martini glasses or onto individual serving plates. Arrange duck slices over rice and sprinkle with fried onions.

Tip:
PLAN AHEAD: Dressing can be prepared up to two days ahead and stored, covered, in refrigerator until ready to use.
SIMPLIFY: Use pre-cooked duck breasts.