

# SEARED DUCK BREAST ON BELUGA LENTILS WITH A SHISO, JICAMA AND PAPAYA SALAD

By: Katy Sparks

6 servings

## Ingredients

6 duck breasts  
1 sprig rosemary  
1 sprig thyme  
1 small knob ginger  
1 navel orange  
3 tablespoons olive oil  
Sea Salt to taste  
1 cup beluga lentils  
1 bay leaf  
Sea Salt to taste  
2 tablespoon butter  
1 jicama  
1 small papaya  
1 small red onion  
1 tablespoon brown rice vinegar  
1 teaspoon toasted sesame oil  
2 bundles of fresh shiso leaves  
Sea salt to taste

## Directions

1. Trim any excess skin or membranes from the duck breasts. Crush the rosemary and thyme with the back of a knife. Grate the ginger into a bowl, grate the zest of the orange and add to the bowl. Juice the orange and add to the bowl. Add the crushed herbs and 3 tablespoons of olive oil and mix with contents of the bowl. Using a non-reactive container, lay the duck breast out in a single layer and pour the contents of the bowl evenly over the duck. Place the duck in the refrigerator and marinate up to 4 hours.
2. Rinse the lentils and pick out any pebbles or debris. Place lentils in a pot and cover with cold water by 1 inch. Add the bay leaf and a pinch of sea salt. Bring to a boil, skim off any foam that rises to the top, reduce to a simmer and cook 30 minutes. Season to taste with sea salt and remove the bay leaf. Keep in a warm place until ready to plate.
3. Peel the jicama and cut into matchsticks with a mandoline or by hand. Peel and julienne or dice the papaya depending on its ripeness. Peel and thinly slice the red onion.
4. Combine the jicama, papaya, red onion, brown rice vinegar and sesame oil in a non-reactive bowl. Let marinate at room temperature for up to 1 hour. Chiffonade half of the shiso and add to the salad just before serving. Season to taste with sea salt.
5. Choose a heavy bottomed skillet large enough to accommodate all 6 breasts with a little room between each one, or use 2 skillets and heat over medium heat. Season the duck breasts with sea salt. Lay the breasts into the skillet(s) skin side down and cook without disturbing for 4 minutes. Turn breasts

over and cook 3 minutes longer.

6. Remove duck from the pan and allow to rest on a cutting board for 3 minutes. Reserve any resting juices and add to the lentils. Also add any pan drippings and accumulated fat to the lentils.

7. Reheat the lentils. Add the shiso chiffonade to the jicama-papaya salad

8. Slice the duck into very thin slices

9. Plate the lentils using a slotted spoon. Arrange the duck slices over the lentils. Add a generous pinch of the jicama-papaya salad to the plate and garnish with a whole shiso leaf per plate.