

My Husband Cooks:

A tasty Look at the food he makes and I eat.

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Duck Taco w/ Blood Orange and Corn Salsa

Yield: 4 Tacos

Time: 45 min

Ingredients:

1 small duck breast

4 small flour tortillas

Spice Mix

1 tbsp. salt

2 tsp. chili powder

1 tsp. cumin

1/2 tsp. chipotle powder

1/4 tsp. red pepper flake

Salsa

1 11 oz. can corn (or 3 ears of fresh)

2 blood oranges (juice)

1 jalapeño (diced)

1/2 medium onion (diced)

2 cloves garlic (minced)

1/2 cup fresh cilantro (chopped)

salt

pepper

Garnish

avocado

monterey jack, queso fresco or other cheese of choice

sour cream

hot sauce

Directions:

1. With a sharp knife, score the fat on top of the duck breast. You want to cut all the way down to the flesh but not into the flesh. You are trying to create more surface area for seasoning and channels for that delicious duck fat to flow through.

2. Mix together the seasoning and pat all over the duck. You want to get it into the channels created by the scoring. Cover and let rest. This can be very short (20 min) or overnight.

3. Preheat oven to 350F. (Note: While the duck is cooking or even before, you can make the taco shells and salsa. For directions, see steps 5 and 6.)

4. Place an oven safe pan over medium high heat. Once the pan has heated for a couple minutes, place the duck, fat side down, in the pan. Let cook for 3 minutes or until the fat starts to cook down. Turn over the breast and place in oven. Cook for 15 min; time to check the temperature. You may need as long as another 15 minutes. You are looking for 160-165F. If you want the duck well-done, then 175-180. Let the meat rest for 5 minutes, and then remove the fat layer and slice in thin strips.

5. Time to make the salsa. In a medium-size skillet over medium heat, add the corn, onion and jalapeño. Liberally salt and pepper. Stir regularly. You don't want to add oil here unless you are using fresh corn. The canned corn will have moisture that you are trying too cook down. Let cook over the heat for about 3 min and then add the garlic. Continue to cook for another 3-5 min or until the corn begins to pop and darken in spots. At this point, the onions should begin to turn color and the corn should have a slight orange hue. Remove the cooked ingredients to a bowl. Add the cilantro and blood orange juice. Time to taste. Add salt and pepper if needed. Cover and refrigerate until ready to use.

Note: This should be a relatively mild salsa. If you want more heat, you can add a dash of hot sauce or choose to add more jalapeños or a hotter pepper, such as a serrano.

6. Making your own tortillas. In a heavy skillet or cast iron pan, add about an inch of oil. Let the oil heat to about 325F. Using a pair of tongs, place the tortilla in the oil and fold half over. Use the edge of the pan to hold the tortilla in place. Cook like this for about 90 seconds to 2 min. Grasp the other side of the tortilla and repeat. By the end of the second period the taco shell should have set in the form we've become familiar with. Let rest and drain on a paper towel until ready to serve.

7. Time to bring it all together. Pile your ingredients in beginning with the slices of duck. Add the salsa, avocado, cheese, sour cream, hot sauce or whatever your heart desires. Enjoy!