

# Cooking at Riegelmann's

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## *Duck Breast with Dijon Cream Sauce*

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### **Ingredients**

2 boneless duck breasts  
1 tablespoon Dijon mustard  
1 tablespoon chopped shallots  
4 oz dry white wine  
4 oz cream

### **Preparation**

With a sharp knife, score the fat of the duck breast in a crisscross pattern, being careful to not cut into the meat. Season the duck with salt and pepper. Warm a cast-iron or heavy-bottomed pan over medium-low heat and add enough oil to just coat the bottom of the pan.

Place the duck breasts fat-side down in the skillet to render off the fat, about 8 minutes. Once the fat has rendered out and the skin is golden brown and crisp, turn the duck breast over and add the shallots. Turn up the heat to medium-high and add the wine. Begin to baste the duck with the pan sauce. Continue basting until the duck breast reaches medium rare and measures 135 to 140 degrees F. on an instant-read thermometer, 2 to 3 minutes. Remove from the duck from the pan and to rest before slicing. Add the cream and the mustard to the reduced pan juices, allow to blend and reduce over low heat.

To serve, slice the duck breast and serve with the sauce spooned over.

