



## **Spring Inspired Duck Breasts with Fresh Green Veggies**

2 (7.5 oz.) duck breasts  
Salt and black pepper to taste  
4 to 6 baby cauliflower or baby Romanesco  
1 fresh bulb fennel, chopped  
3 to 4 Tablespoons water  
Season with salt and black pepper to taste  
4 to 5 Tablespoons butter, divided  
1 to 2 Tablespoons olive oil as needed  
1 bunch fresh ramps, chopped  
1/8 pound fiddlehead ferns  
1/4 cup chicken broth  
1/4 to 1/3 cup water or as needed

Preheat oven to 425 degrees F.

Score duck breasts skin with crisscross pattern. Don't pierce the meat. Season with salt and black pepper. Place duck breasts skin-side down in heavy nonstick ovenproof skillet. Cook over medium heat about 8 minutes or until fat renders out and skin is golden brown and crisp. Pour off fat; save to drizzle over roasted sliced potatoes or another recipe.

Place duck skin-side down; finish cooking in oven about 4 minutes; turn duck breast meat side up; cook for 6 minutes for medium-rare or 8 minutes for medium. Let breasts rest before thinly slicing.

Meanwhile trim any very large leaves from baby cauliflower; place baby cauliflower and chopped fennel in microwave safe large pie plate; add about 3 to 4 Tablespoons water; microwave high power for 3 minutes. Sprinkle with salt and black pepper; Add about 2 Tablespoons butter; Microwave 2 minutes or until tender. Baste with butter sauce. Set aside to stay warm.

In skillet, melt 1 Tablespoon butter; add 1 Tablespoon olive oil; sauté ramps only to wilt; remove; toss fiddleheads in skillet to lightly cook. Set aside to stay warm.

Add broth to drippings in skillet; cook until hot; add 1 to 2 Tablespoons butter; simmer lightly.

**To Serve:** Arrange fennel fronds on plate; add ramps, sautéed fiddleheads, chopped fennels, cauliflower heads and sliced duck. Drizzle herb butter sauce over duck. Serves: 2

**Recipe inspired by:** Maple Leaf Farms, Inc.

See <http://www.mapleleaffarms.com/>

**About the Recipe:** Cooking the duck breasts using this method eliminates up to 70% of the fat and produces crisp delicious skin. This recipe adds fresh spring ramps, sautéed fiddleheads, and tiny baby green cauliflowers. Use some fresh fennel to add for a wispy light herb flavor. It's like spring on a plate!

#### **Information about Safety of Eating Fiddleheads:**

Raw fiddleheads can carry foodborne illness and/or cause stomach upset if eaten in large quantities. Fiddleheads are tasty steamed or sautéed. They can also be boiled for 6 to 8 minutes (recommended before adding to dishes).

#### **For More Information See:**

<https://www.thespruceeats.com/all-about-fiddlehead-ferns-2217471>

Ostrich ferns (*Matteuccia struthiopteris*), known locally as "fiddlehead ferns", grow wild in wet areas of northeastern North America in spring. The findings of the Centers for Disease Control and Prevention suggest that fiddleheads should be cooked thoroughly before eating.<sup>[12]</sup> The cooking time recommended by health authorities is 15 minutes if boiled and 10 to 12 minutes if steamed.<sup>[12]</sup> The cooking method recommended by gourmets is to spread a thin layer in a steam basket and steam lightly, just until tender crisp. For More Information See:  
[https://en.wikipedia.org/wiki/Fiddlehead\\_fern](https://en.wikipedia.org/wiki/Fiddlehead_fern)