

# Modern Duck a l Orange

**Servings: 1**

**Yield: 4 each**

*Rub*

*3 fluid ounces espresso coffee*

*6 fluid ounces dark brown sugar*

*1 teaspoon cumin*

*2 teaspoons garlic powder*

*1 1/3 fluid ounces black pepper*

*1 teaspoon cayenne*

*1 teaspoon cinnamon*

*salt, as needed*

*4 each duck breast, fat scored*

*1 fluid ounce grand Marnier*

*4 fluid ounces orange marmalade*

*1 tablespoon molasses*

Combine the spices to make rub and set aside

Season each duck breast with salt on both sides then sprinkle rub over the top. Note you will have more rub than you needed

In a cast iron pan sear duck fat side down at med-high heat to render fat for about 4mins

Flip breast and place in the 350 oven for 5mins

In a sauce pot add grand marnier and bring to a simmer then add marmalade and molasses and stir together

Remove duck from oven and allow to rest for 4mins. Pour 1/2 of the rendered fat into sauce and combine

Slice duck and spoon sauce over the top.

Garnish with parsley and roasted red pepper

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Per Serving (excluding unknown items): 1268 Calories; 2g Fat (1.1% calories from fat); 4g Protein; 312g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 187mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fat; 18 1/2 Other Carbohydrates.