Smoked Duck and Roasted Brussels Salad

SERVES 6-8

Ingredients

Smoked Duck and Roasted Brussels Salad

2 teaspoons olive oil
1 1/2 pounds Brussels sprouts, thinly sliced
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
Maple Vinaigrette, recipe below
Smoked Duck, recipe below, sliced
Bourbon Soaked Cherries, recipe below

Maple Vinaigrette

4 tablespoons extra virgin olive oil
8 tablespooons apple cider vinegar
3 tablespoons maple syrup
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

Smoked Duck

4 (8 to 10-ounce) duck breasts
1 1/2 tablespoons kosher salt
2 teaspoons freshly ground black pepper
1 pound applewood smoking chips, soaked in water

Bourbon Soaked Cherries

1/4 cup dried cherries
1/2 cup bourbon whiskey

Directions

Smoked Duck and Roasted Brussels Salad

Heat oil in a large (12-inch) skillet over medium heat, until shimmering, about 2 minutes. Add Brussels sprouts, salt, and pepper; cook until tender and bright green, about 4 to 5 minutes.
Add Maple Vinaigrette (recipe below) and stir to combine. Divide brussel sprouts evenly onto 4 plates, top each with a sliced Smoked Duck breast, garnish with Bourbon Soaked Cherries (recipes below).

Maple Vinaigrette

In a small bowl whisk together all ingredients until combined.

Smoked Duck

Season duck breasts on both sides with salt and pepper. In a traditional smoker, place chips over heating element and place duck on grill. Cold smoke for about 20 minutes. For a charcoal or wood burning grill, heat coals until white hot, move to one side of grill. Add smoking chips on top of coals. Place a pan of ice on hot side of grill, place duck on side of grill furthest from coals. Place lid on grill, with airflow restricted, so that temperature in grill stay warm but not hot. Smoke for 20 minutes. At this point duck is not fully cooked but can be refrigerated for up to 3 days before use.
When ready to serve; pat duck breast dry with paper towels. Score skin side by cutting a crosshatch pattern into skin about 1/8-inch deep, being careful not to pierce the meat.
Place breasts skin side down into a large skillet over medium-high heat. Cook for 4 minutes or until fat has rendered from the skin. Turn breasts and cook for an additional 3 minutes, or until cooked to medium, or until a thermometer reads an internal temperature of about 145 degrees Fahrenheit. Remove from pan to a plate and let rest 5 minutes before slicing.

Bourbon Soaked Cherries

In a small bowl or jar stir together cherries and bourbon. Cover and allow to soak at least 1 hour or up to 1 month.