

Salt-Cured Duck - Morton Kosher Salt for cure, Morton Coarse Sea Salt for finishing

Succulent duck cured in salt, a delicious addition to a holiday meat and cheese board. The large and flaky texture helps preserve and season the duck breasts. Always finish with a sprinkle of Morton Coarse Sea Salt to bring the most flavor out of your dish.

Yield: 2 cured breasts

Active Time: 35 minutes

Total Time: 8 to 9 days

Ingredients:

2 duck breasts, skin on

3 to 4 cups Morton Kosher Salt

1/2 teaspoon white pepper

1 tablespoon fennel seeds

1 teaspoon juniper berries

2 bay leaves

3 sprigs rosemary

1 bunch fresh thyme

Cheesecloth

Kitchen twine

For finishing:

Morton Coarse Sea Salt, to taste

Method:

Create a crisscross pattern in the skin of each duck breast with a knife. Pour half of the Morton Kosher Salt into a deep baking dish. Mix in the white pepper, fennel seeds, juniper berries, bay leaves, rosemary and thyme. Pour on a bit more Morton Kosher Salt then layer the breasts on the salt mixture. Top the breasts with the remaining Morton Kosher Salt, making sure to cover all surfaces of the duck. Wrap the dish in plastic wrap and refrigerate for 24 to 36 hours.

Rinse duck and pat dry. Allow to dry completely on a wire rack. Wrap the breasts in cheesecloth and tie with kitchen twine. Hang in a cool place with a regular temperature of around 60 degrees Fahrenheit for about 7 days, or until the duck has lost 30 percent of its weight. When fully cured, slice the duck, season with Morton Coarse Sea Salt, and serve with an array of your favorite meats, cheeses, olives and crackers.