

RECIPE

Classic Duck Steak



Ready in **15 minutes**

Serves **2 people**

Tips

This recipe works for all Ducks and Venison Steaks. We sear it first to give it that delicious crust that locks in the marinade but does not overcook the steak!

Ingredients

- 2x Duck Breast (We used Mallard)
- Marinade Mix:
 - Cooking oil (½ Cup)
 - Salt/pepper
 - Worcestershire Sauce (3 tbs)
 - Soy Sauce (3tbs)
 - Apple Cider Vinegar (¼ cup)
 - Oregano (1 tsp)
 - Old bay (1 tsp)
- Vegetable Stir Fry
- Butter (2 tbsp)

Preparation

1. **Marinade your Duck:** Without skin, place your thawed duck in a container and combine all of the ingredients for the marinade mix into the container. Shake and let rest in the fridge for 2-24 hours
2. Heat a pan to HIGH and your grill/oven to low-medium. (if you want to cook it all in one dish, simply preheat the pan to medium.)
3. **Sear Steak:** Remove steak from marinade and place it directly on the hot pan, let it sear for 60 seconds per side, remove from the pan, and place on the grill. When you place it on the grill, put a small square of butter on top. Flip halfway through
4. **Vegetables:** , when you remove your steak from the pan, lower heat to medium and place vegetable stir fry directly in the pan.
5. Remove the Duck from the grill when the internal temp reaches 125, remove and let rest for 5 minutes, enjoy!