

Duck Breast Prosciutto

(Fragrant - Savory)

Ingredients per 2 duck breasts (4 lobes) to make a prosciutto-style cure:

8-oz

225g **each duck breast lobe ~weight**

6 cups	1,360g	Kosher salt
3 cups	720g	Sugar
2 tbsp	30g	Fennel seed
3 tbsp	45g	Coriander
3 tbsp	45g	Yellow mustard seed
3 tbsp	45g	Black peppercorn, whole
1 stick, crushed		Cinnamon
2, torn into bits		Bay leaves
3 sprigs		Thyme
		Cheesecloth
		Butcher's twine

1. Mix salt, sugar and all of the spices. Weighing the ingredients is the preferred method.
2. Dry off duck breasts.
3. In a mixing bowl, cover duck breasts with salt mixture and massage gently all over.
4. Fill the bottom of a large nonreactive plastic pan with about 1½" (3 to 3.5cm) with salt mixture.
5. Put the duck breasts in the pan, skin side down, and cover with remaining salt mixture.
6. Cover pan with plastic wrap.
7. Refrigerate for 36 - 48 hours. Color should be deeper red.

- Remove the duck breasts from the pan and brush off salt with a damp cloth.
- Discard salt.

Optional steps: (before wrapping in cheesecloth)

- Lightly oil the skin side.
- Place skin side up on a rack.
- Cold smoke with applewood for 60 to 90 minutes.
- Wrap the breasts in cheesecloth and tie tightly with twine.
- Age 10 to 15 days in the refrigerator until stiff or in a curing room at temperature.

Slice thin to serve. They can keep in the refrigerator for up to six months. Wrap them tightly, and change the wrap as needed.

Source/Inspiration: Bissonnette, Jamie, The New Charcuterie Cookbook: Exceptional Cured Meats to Make and Serve at Home.