



Grilled Duck Breast with Popper Sauce

1. Brine the Duck (overnight):

In a large bowl or zip-top bag, combine water, bird brine, and brown sugar. Add duck breasts and refrigerate overnight.

2. Prep the Duck:

Remove duck from the brine and rinse. Pat dry. Cross-hatch the skin using a sharp knife to help render the fat and prevent curling.

3. Quick Marinade:

Toss duck with Worcestershire and AP seasoning. Let sit while grill heats.

4. Preheat Grill:

Set up a two-zone fire (hot direct heat and a cooler indirect side). Aim for medium-high heat.

5. Sear Skin Side Down:

Place duck skin-side down over direct heat for 1–2 minutes until crispy. Then move to indirect heat.

6. Cook to Temperature:

Continue cooking until internal temp reaches 125–130°F. Do not exceed 135°F to keep the duck tender and mild in flavor.

7. Rest and Slice:

Let duck rest 5–10 minutes. Slice against the grain at a slight angle for best texture.

8. Make the Sauce:

In a small saucepan, combine all popper sauce ingredients over medium-low heat until warm and smooth. Adjust heat level to taste.

9. Serve:

Plate sliced duck with sauce drizzled on top or served on the side for dipping.

YIELDS:

4–6 servings

PREP TIME:

20 minutes (plus
overnight brine)

TOTAL TIME:

~1 hour
(excluding brine time)

INGREDIENTS:

DUCK

- 8 mallard breasts (skin on, plucked)
- 1/4 cup bird brine (recommended: Malcom's Bird Brine)
- 4 cups water
- 2 tbsp brown sugar
- 2 tbsp Worcestershire sauce (W Sauce preferred)
- 2 tbsp AP seasoning (salt, pepper, garlic blend)(recommended: Killer Hogs AP Seasoning)

POPPER SAUCE

- 1 block softened cream cheese
- 1/3 cup bird brine (recommended: Malcom's Bird Brine)
- 1/3 cup pickled jalapeños
- 2 tbsp Worcestershire sauce
- 1½ tbsp AP seasoning (recommended: Killer Hogs AP Seasoning)
- ½ cup Mexican crema (or milk to thin)