

# Orange Sauce for Duck

THE SAUCE AND GRAVY



CHANNEL



[https://youtu.be/FRPA\\_pCeCys](https://youtu.be/FRPA_pCeCys)

Makes  $\frac{3}{4}$  cup (188 ml) of sauce

This elegant orange gastrique sauce with pan-seared duck breast is a classic French-inspired dish that balances sweet citrus, tangy vinegar, and rich duck flavor. The sauce is built from fresh citrus juice, veal stock, and a caramelized sugar-vinegar reduction, creating a glossy, restaurant-style finish perfect for special occasions.

## Ingredients

3 oranges (about 450–500 g total)

1 lemon (about 120–150 g)

3 tbsp (45 g) granulated white sugar

$\frac{1}{3}$  cup (83 ml) red wine vinegar

2 cups (500 ml) brown veal stock or brown stock

4 duck breasts (about 6–8 oz / 170–225 g each)

Salt (to taste)

Black pepper (to taste)

2 tbsp (30 ml) orange liqueur

## Prep Work

Zest the oranges and the lemon.

Add water to a saucepan and bring it to a rolling boil. Then add the orange and lemon zest. Simmer for 5 minutes. Strain and place the zest in an icy water bath and set them to the side. Juice the three oranges. You will need 1 cup (250ml) of orange juice. Juice more oranges if you don't have enough.

### **To Make the Gastrique**

Add the sugar and the red wine vinegar to a saucepan. Bring to a simmer over medium heat. Cook until it becomes a thick syrupy amber color.

Pour the orange juice into the saucepan, stir and bring it back to a simmer over medium heat.

### **To Prepare the Stock**

Once the sugar and vinegar mixture has dissolved and is well combined with the orange juice, add the brown stock. Return to a simmer over medium heat. Skim the foam/impurities off the top while the sauce reduces down by half. Then turn to low heat to keep it warm.

### **Preparing the Duck Breast**

Score the fat side of the duck breasts with a knife (a nice checker pattern works well). Dry each breast with a paper towel and season with salt and black pepper.

Place the duck breasts fat side down into a sauté pan, then turn the heat to medium and cook for 6 to 8 minutes. Turn the breasts over and cook for another 3 to 4 minutes until cooked to your liking or until the internal temperature reaches at least 135° F (57° C).

Take out the breasts and cover them to keep warm. Remove the duck fat from the pan but keep all the bits and pieces (fond) of duck that are encrusted on the bottom of the pan.

### **To Make the Sauce**

Pour the prepared stock into the pan that the duck was cooked in. Turn the heat to medium. Take a flat-bottom spatula and scrape the sides and bottom of the pan to release the fond (bits and pieces on the bottom of the pan) into the sauce. Bring the sauce to a light simmer and cook for 5 to 8 minutes or until the sauce is reduced by half or is as thick as you like.

Take the sauce off heat and strain it through a sieve into a clean saucepan. Add the orange liqueur along with the orange and lemon zest and simmer for a minute.

Taste and adjust the seasoning by adding salt and black pepper as needed.

### **To Serve**

Slice the duck breasts and spoon the warm orange gastrique sauce over the top.

Serve with creamy mashed potatoes, roasted root vegetables, or buttered green beans for a balanced plate.

This dish also pairs beautifully with wild rice, potato purée, or a light citrus salad to complement the richness of the duck.

### **Tips & Substitutions**

Patting the duck skin very dry before cooking is essential for crisp skin—moisture will prevent proper rendering and browning.

If duck breasts are unavailable, this sauce also works well with chicken thighs, pork tenderloin, or roasted turkey breast.

Veal stock provides the richest flavor, but good-quality beef or chicken stock can be used as a substitute without losing too much depth.

Be careful when caramelizing the sugar and vinegar—once it turns amber, proceed quickly to avoid bitterness from overcooking the sugar.

Orange liqueur (like Cointreau or Grand Marnier) adds complexity, but it can be replaced with a splash of fresh orange juice plus a small pinch of sugar for a non-alcoholic version.

If the sauce becomes too thick after reducing, loosen it with a splash of stock or orange juice until it reaches a silky, pourable consistency.