Roast Duck Breast

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INGREDIENTS

* **3** **moulard duck breasts (magret de canard)**
* **1** **tablespoon Chinese five-spice powder**
* **2** **tablespoons honey**
* **3** **tablespoons light soy sauce**
* **1** **tablespoon fresh lemon juice**
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Nutritional Information

PREPARATION

1. Score fat on duck breast in criss-cross pattern at one-inch intervals.
2. Mix the five-spice powder, honey, soy sauce and lemon juice together in a dish, brush the mixture over both sides of the duck breasts and place the breasts in a dish. Cover and allow to marinate at least an hour at room temperature or up to 24 hours in the refrigerator, whichever is more convenient.
3. Preheat oven to 175 degrees.
4. Heat large, heavy skillet, preferably nonstick, to very hot. Remove duck breasts from marinade, reserving marinade for sauce, if desired. Place duck breasts in the skillet skin side down and sear for about two minutes, just until the skin is well browned. Remove the duck breasts from the skillet. Pour all the fat out of the skillet (reserve the fat for the sauce or other cooking, if you wish). Return the duck breasts to the skillet skin side up and cook for about a minute, just until the meat is seared.
5. Transfer the duck breasts skin side up to a baking dish that will hold them in a single layer. Place in the oven for about an hour. By this time the duck breasts will be uniformly pink throughout. They can remain in the oven as long as two hours and can sit warming even longer if the oven is turned off after two hours. The recipe can also be expanded for as many duck breasts as you need.
6. To serve, slice the duck breasts on an angle, into slices a quarter to a half-inch thick. Array on a platter and serve.