

Smoked Duck Breast

Yield: 6 min
Total Time: 160 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-smoked-duck-recipe>

Ingredients:

- 1 cup jasmine rice
- 1 cup wild rice
- 2 teaspoons kosher salt
- 1 tablespoon olive oil
- 3 tablespoons unsalted butter
- 1 onion small, finely diced
- 1 clove garlic minced
- 1 cup Pecorino Romano cheese grated
- 6 large eggs
- 2 tablespoons olive oil
- 1/2 pound slab bacon diced
- 1 butternut squash small, peeled and cut into medium dice
- 1 white onion medium, thinly sliced
- 3 duck breasts smoked, about 1 pound each
- 1/4 teaspoon ground cinnamon
- 20 ounces spinach

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 290 milligrams
4. Fat: 45 grams
5. Fiber: 6 grams
6. Protein: 33 grams
7. SaturatedFat: 18 grams
8. Sodium: 1720 milligrams
9. Sugar: 5 grams

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