

Entenbrust mit Rotkraut (Austrian Duck Breast with Red Cabbage)

Main dish • Serves 2–4 • ~70–90 minutes • Sweden-friendly



Photo: courtesy of Lambros — served with Rotkraut and mashed potatoes

Ingredients

- **Duck:** 2 large duck breasts (about 300–400 g each), salt + black pepper
- **Rotkraut:** 600–800 g red cabbage (about 1 small), thinly sliced
- 1 onion, thinly sliced
- 1 apple (tart), grated or thinly sliced
- 2 tbsp butter or goose fat (or oil)
- 2 tbsp sugar (or 1 tbsp sugar + 1 tbsp lingonberry jam for Swedish twist)
- 80 ml red wine vinegar (or apple cider vinegar)
- 200 ml water or stock
- 1 bay leaf
- 4–6 juniper berries (optional but very good)
- 2 cloves (optional)
- Salt + black pepper
- **To finish:** 1–2 tbsp lingonberry jam (optional), extra vinegar to taste

Steps

- 1 **Start the Rotkraut:** Melt butter in a pot. Sauté onion 5 min. Add cabbage and apple, cook 5 min to soften.
- 2 **Sweet & sour:** Stir in sugar, then vinegar. Add water/stock, bay leaf, juniper and cloves. Cover and simmer 45–60 min, stirring occasionally, until tender. Season with salt/pepper. Adjust at the end with a spoon of lingonberry jam or a splash more vinegar.
- 3 **Prep duck:** Score the skin in a diamond pattern (don't cut into the meat). Season generously with salt and pepper.
- 4 **Render:** Place duck skin side down in a cold pan. Turn heat to medium and cook 8–12 min until a lot of fat renders and skin is deep golden. Pour off excess fat (save it!).
- 5 **Finish duck:** Flip and cook 2–4 min on the meat side, then transfer to a 170°C oven for 6–10 min (depending on thickness) to reach medium/medium-rare. Rest 8–10 min before slicing.
- 6 **Serve:** Slice duck. Serve on a bed of Rotkraut with extra pan juices/fat drizzled over.

Serve with (classic Austrian sides)

- Potato dumplings (Kartoffelknödel) or bread dumplings (Semmelknödel)
- Or simpler: boiled potatoes / mashed potatoes
- Optional sauce shortcut: deglaze the duck pan with 80 ml red wine + 100 ml stock, reduce 3–5 min; stir in a knob of butter

Notes

Duck breasts vary a lot in size—trust the skin colour and resting time. If you have a thermometer: aim for ~54–57°C for medium-rare (juicy), ~60–63°C for medium. Rotkraut tastes even better the next day.