



**SWEET AND SOUR GLAZED DUCK WITH
CHINESE STYLE BOK CHOY**

10" CAST IRON SKILLET

SWEET AND SOUR GLAZED DUCK WITH CHINESE STYLE BOK CHOY

BY CHEF GEOFFREY ZAKARIAN

Yields: 2 servings

Cooking Time: 30 Minutes

INGREDIENTS

2 duck breasts, scored

½ cup scallions, sliced

¼ cup honey

¼ cup red wine vinegar

½ cup orange juice

6 heads baby bok choy, broken into pieces

2 tablespoons soy sauce

½ cup water

2 tablespoons sesame oil

1 tablespoon sesame seeds

Kosher salt

DIRECTIONS

- Season the duck breasts with kosher salt on all sides. Place the cold duck breasts into the 10" Cast Iron Skillet, skin side down, and place on the stove. Heat the Skillet over a medium flame until you hear the fat begin to render, then reduce to low.
- Render the fat from the duck breasts until they are golden and crispy, about 15 minutes. Drain the 10" Cast Iron Skillet of the fat using the spout every 5 minutes.
- Flip the duck over and cook for 2 more minutes. Allow to rest, skin side up.
- Clean the 10" Cast Iron Skillet and add the scallions, honey, vinegar, and orange juice. Bring to a simmer and reduce to a thick glaze.
- While the duck is resting, place the bok choy in a medium-sized pot with a lid, along with the remaining ingredients. Bring to a boil and steam for 2 minutes, or until the leaves are tender. Place in a bowl on the side to serve with the duck.
- Heat the glaze and place the duck into the 10" Cast Iron Skillet, flipping so that the sauce coats the duck breasts. Slice the duck and serve with the bok choy.

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FIG CLAFOUTIS WITH ALMONDS

10" CAST IRON SKILLET

FIG CLAFOUTIS WITH ALMONDS

BY CHEF GEOFFREY ZAKARIAN

Yields: 6 servings

Cooking Time: 30 Minutes

INGREDIENTS

3 eggs

½ cup sugar

1 cup whole milk

1 teaspoon vanilla extract

2 tablespoons butter, unsalted
melted

½ cup flour, all purpose

6 figs, cut in half

½ cup almonds, slivered

DIRECTIONS

- Preheat an oven to 325°F.
- In a large-sized bowl, whisk the eggs and sugar together for 2 minutes, or until fluffy.
- Add the milk, vanilla, and butter. Whisk to combine. Add the flour and whisk to combine again.
- Place ¼ of the batter into the 10" Cast Iron Skillet. Heat the Skillet over a medium-high flame until the first layer starts to set. When it is nearly set, top with the figs, cut side up, as well as the almonds. Pour the remaining batter between the figs being careful not to cover them too much. Tap lightly on a surface with a towel underneath to spread the mixture.
- Bake for 35 minutes, or until golden.

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**PAN ROASTED PORK CHOPS
WITH BROCCOLI CHIMICHURRI**

10" CAST IRON SKILLET

PAN ROASTED PORK CHOPS WITH BROCCOLI CHIMICHURRI

BY CHEF GEOFFREY ZAKARIAN

Yields: 2 servings

Cooking Time: 30 Minutes

INGREDIENTS

2 pork chops

2 teaspoons cumin, ground

2 teaspoons dried oregano

½ teaspoon coriander, ground

4 ounces broccoli fleurettes,
blanched until tender, and cooled

¼ cup parsley leaves

2 tablespoons oregano leaves

½ serrano chili

2 cloves garlic, grated on a fine
grater

2 tablespoons lemon juice

½ cup extra virgin olive oil

Kosher salt

Fresh cracked pepper

DIRECTIONS

- Preheat an oven to 400°F.
- Bring the pork chops to room temperature 45 minutes before using.
- Combine the cumin, oregano, coriander, along with 1 tablespoon of salt and fresh cracked pepper. Season the pork on all sides.
- Heat the 10" Cast Iron Skillet over a high flame. Add the canola oil and when you see white smoke, add the pork chops. Reduce the flame to medium to not burn the rub. Roast the pork chops on 5 minutes per side for medium, depending on the thickness of your chops. The internal temperature should read 135°F for medium.
- When they are finished, allow them to rest.
- In a food processor, combine the broccoli, parsley, oregano, serrano chili, and garlic. Pulse until the mixture is broken down. Add the lemon juice, and olive oil and pulse until the sauce is thick and chunky. Season with salt and pepper.
- Drizzle a small amount of the chimichurri on the pork and serve the remaining on the side.

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SKILLET S'MORES DIP

10" CAST IRON SKILLET

SKILLET S'MORES DIP

BY CHEF GEOFFREY ZAKARIAN

Serves: 4–6 People

Cook Time: 20 Minutes

INGREDIENTS

1 bag semi-sweet chocolate chips

1 bag marshmallows (mini or regular)

1 tablespoon butter

graham crackers

DIRECTIONS

- Preheat the oven to 425°F.
- Melt butter in a 10" Cast Iron Skillet on medium low heat and then add the chocolate chips to completely cover the bottom of the pan.
- Melt chocolate over medium heat on stove.
- Add marshmallows to completely cover the chocolate.
- Bake in the oven on the middle rack.
- Once the marshmallows are golden brown take out of the oven and let cool for 5 minutes.
- Use the graham crackers for dipping and enjoy.

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