



Duck Breast glazed with soy and maple syrup.

NIBBLEDISH CONTRIBUTOR

Ingredients

1 Muscovy duck breast.

100 ml soy sauce

100 ml maple syrup

1 tsp of olive oil

Instructions

If present, remove the tenderloin. Trim some of the fat from the breast but leave on small layer and score in a diamond pattern.

Combine soy sauce and maple syrup.

Heat a skillet and add the olive oil. You don't need much as the duck fat will render in the pan.

Cook over medium-high heat until fat side is golden in color and slightly crispy. Turn over and sear other side for 2 minutes.

Remove excess fat from skillet.

Baste breast with soy/maple sauce.

Place skillet in preheated 400F oven. After 7 or 8 minutes remove and baste again.

Replace in oven. Cook for a further 8 minutes.

Remove from oven and let rest for 10 minutes.

Slice and serve.

* I served this with sweet potato puree and wilted kale and garlic.