



Lacquered Duck Breast with Whipped Sweet Potatoes

Serves 6

6 duck breasts
Salt and pepper to taste
1 tbs olive oil

Preheat the oven to 400 degrees F.
Season the duck breast with salt and pepper. In a large saute pan, over medium heat, add olive oil. Add the duck breast, skin side down. Sear for 6 minutes. Flip the duck breast over and place the pan in the oven.
Roast the breasts for 8 to 10 minutes for medium rare.
Remove the pan from the oven and allow the duck breasts to rest 2 to 3 minutes before slicing. Slice each duck breast, on the bias, into 1/2-inch pieces and fan around sweet potatoes.

Whipped Sweet Potatoes

4 large sweet potatoes, peeled, cut into large cubes and boiled until soft
1 stick unsalted butter
2 tbs Steen's Cane Syrup
Salt and Pepper to taste
In a mixing bowl mash potatoes with the rest of ingredients and keep warm.

For Sauce

1/2 cup honey
1 cup light brown sugar
1/2 stick butter
1/4 cup beef broth
Salt and pepper to taste

Combine honey, brown sugar, butter and beef broth in heavy saucepan and bring to a boil. Boil gently about 5 minutes.
Drizzle over pan roasted duck breast.