



# Pan Roasted Duck Breast with Whipped Sweet Potatoes and Praline Pecan Sauce

## INGREDIENTS

### DUCK

- 4 duck breasts
- Salt and pepper to taste
- 1 tbsp olive oil



### WHIPPED SWEET POTATOES

- 4 large sweet potatoes, peeled, cut into large cubes and boiled until soft
- 1 stick unsalted butter
- 2 tbsp Steen's Cane Syrup
- Salt and Pepper to taste



### SAUCE

- 1/2 cup white corn syrup
- 1 cup light brown sugar
- 1/2 stick butter
- 1 cup pecans (pieces or halves)
- 1 cup demi glace
- Salt and pepper to taste

## DIRECTIONS

*Preheat the oven to 400 degrees F. Season the duck breast with salt and pepper. In a large sauté 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.*



*In a mixing bowl mash potatoes with the rest of ingredients and keep warm.*



*Combine corn syrup, brown sugar and butter in a heavy saucepan and bring to a boil. Add demi glace, Boil gently about 5 minutes, stir in pecans and season with salt and pepper. Drizzle over pan roasted duck breast.*

**SERVES 4**