



Maple Mustard Duck Breast

Duck hunting is a popular pastime among indigenous hunters, particularly for those living in the north where store-bought foods are very expensive. Duck breast has a lot of fat in it, which gives it such nice flavour, and the texture of the skin is lovely after its crisped up in the frying pan.

Makes 2 servings

2 duck breasts (5 oz/142 gr each)
1 tsp (5 mL) sea salt
pinch pepper
2 Tbsp (30 mL) maple syrup
4 Tbsp (60 mL) maple mustard, divided
2 Tbsp (30 mL) red wine vinegar
2 minced cloves of garlic
Pure olive oil
Optional: Fresh onion sprouts

Score the fat/skin of the breasts by making a couple of incisions about ½” deep in a crisscross pattern using a sharp knife, but not so deep as to actually cut the flesh.

Season the duck with salt and pepper on both sides, rubbing it into the flesh.

Whisk together the maple syrup, half of the maple mustard, red wine vinegar and garlic and pour over the duck, coating it and allowing it to marinate for 30 to 60 minutes in the fridge. Drain and discard marinade.

Place the duck breasts in a cold cast iron frying pan, fat/skin side down. Turn heat to medium and brown the meat without turning it. After 3 minutes, increase the heat to medium-high and continue cooking, without turning the meat.

After 3 more minutes, turn the breasts over and cook for 2 more minutes.

Turn the breast backs on the fat/skin side down and cook to crisp up the skin for 2 minutes. Total cooking time is 10 minutes.

Remove the breasts from the pan and set aside on a cutting board with a little foil on top to keep them warm. Check that the meat reached 165F (74C).

Just before serving, slice the duck diagonally and garnish with the rest of the maple mustard and onion sprouts, if using.