



# ROASTED HOLIDAY DUCK BREAST

 45 minutes

Meal Difficulty

 Serves 4



## COOKING DIRECTIONS

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- 1 Preheat oven to 450 degrees. Place large Smithey cast iron pan on burner, on low heat.
- 2 Place duck breasts on cutting board, skin side up, and make shallow crosshatch incisions just through the layer of fat with a sharp knife. Season generously with salt and pepper on all sides, then add to skillet, skin side down.
- 3 Cook breasts until skin is crisp and fat is largely rendered, about 5 minutes. Turn and cook for 1-3 additional minute. Remove duck breasts from pan and rest on a large plate.
- 4 Leave pan on burner and add all vegetables. Season with quatre épices, bay leaves, and salt. Stir into duck fat and place skillet in the oven for 12 minutes. Plate vegetables onto 4 plates and top with thinly sliced duck breasts and any remaining duck drippings.

## INGREDIENTS

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4 8-oz boneless duck breast

2 large sweet potatoes, peeled and cut into .5 inch discs

1 lb brussel sprouts, cut into quarters

12 pearl onions, peeled and cut in half

2 bay leaves

1 tsp quatre épices (recipe below)

salt and pepper, to taste

## QUATRE ÉPICES

1 tsp nutmeg

1 tsp ginger

1 tsp white pepper

1/2 tsp ground cloves