

Sweet & Sour Muscovy Duck

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2 lbs Muscovy Duck Breast
4 Shallots
½ Cup Vinegar
6 T Heavy Whipping Cream
4 T Honey
Salt & Pepper

In a hot pan, fry boneless breast, skin down first. Brown both sides over high heat. Finish cooking in a pre-heated oven at 425 degrees. Use drippings from sautéed breast and add shallots to the pan. Brown very lightly over high heat and deglaze with vinegar. Reduce to about half, then add whipping cream and simmer for 5 min. Add remaining ingredients, stir and serve over breast.