



Maple Glazed Magret de Canard (Duck Breasts)

Ingredients

- 1 whole magret de canard, 450 grams think a deck of cards sized piece of meat for each person
- 2 pinches salt
- 2 pinches of pepper
- 1/4 cup 100% Maple Syrup
- 1/2 tbsp soy sauce
- 1/2 tbsp. Sweetened soy sauce (if you don't have this just add 1/4 tbsp. sugar into 1/2 tbsp. regular soy sauce)
- 1 tbsp Balsamic vinegar

Method

1. Trim the magret so the fat is even with the meat, all of the way around. No extra fat should be hanging over the meat.
2. Use a sharp solid blade to cut the fat in diagonal lines in one direction, all of the way to the other end. Repeat in the other direction, season on both sides with salt and pepper.
3. Place the magret in a cold pan, skin side down, and cook over medium heat. When there is enough duck fat to pour out of the pan, eliminate it. Keep removing the fat as the magret cooks, until the skin is a crispy dark golden brown. This takes around 10-15 minutes.
4. Then flip the magret over and cook the other side for 5 minutes.. Set aside in a small Pyrex pan.
5. In a small bowl, mix the maple syrup, balsamic vinegar, soy sauce and sweet soy sauce. Mix well. Pour the sauce all over the magret, which will now be sitting in a puddle of sauce.
6. Pop the magret in the oven at 200C or 392F for about 6-7 minutes. Serve immediately!