

## Honey Duck Breast – What the Duck!

### Ingredients

- 4 duck breasts skin on
- 1/2 cup honey
- 1 tbsp of brown sugar
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon pepper

### Preparation

- **Step 1:** Trim off any extra fat that's hanging but leave the thick layer of fat on the top of the breasts. Carefully slice a few slits into the skin but don't cut so deep as to actually cut the meat just cut through the fat.
- **Step 2:** Season the breasts with the salt and pepper and paprika on both sides. Now place them fat side down in a large COLD cast iron skillet. I know that sounds like someone telling you to turn left to go right but it helps render out the fat in the skin.
- **Step 3:** Turn the heat on to medium high and cook for about 5-10 minutes. You won't need any oil because the fat of the skin will render out and keep it from sticking.
- **Step 4:** When the skin is browned flip the breasts and let the bottom side cook for about 2 minutes.
- **Step 5:** Move the pan to a 450°F oven and cook for 4 minutes skin side down. Also...be sure you use oven mits or the duck won't be the only thing seared and crispy.
- **Step 6:** In a mixing bowl whisk the honey and brown sugar...if you like a little heat add a pinch of cayenne in. The honey will set off the heat in the cayenne and make it even hotter.
- **Step 7:** After 4 minutes drizzle the honey mixture over the breasts and return the oven for 2 minutes.
- **Step 8:** Remove breasts from oven and add the rest of the honey mixture to the duck and let rest for 8 minutes.
- **Step 9:** Slice the duck as thin as possible and eat that ducker as quickly as possible.