

Apricot-brandied duckling

Yield 4 servings

4 boneless, skinless duckling breasts

Nonstick cooking spray

Freshly ground pepper

1 (11 ½ ounce) can apricot nectar

¼ cu brown sugar

1 tablespoons brandy (apricot is preferred)

¼ teaspoon cinnamon

1 tablespoon cornstarch

2 tablespoons water

1 ½ cups sweet potatoes, peeled, cut into ¼ inch slices

Spray both sides of duckling breasts with nonstick cooking spray, add pepper.

Heat large skilled over medium-high heat, add duckling and cook 2 to 3 minutes per side or until lightly browned. Remove meat, set aside. Place apricot nectar, brown sugar, brandy and cinnamon in pan to deglaze. Bring to a gentle boil. Mix cornstarch with water to form a slurry. Add to pan and stir. Allow to thicken. Add sweet potatoes and reduce heat to low. Add duckling breasts and cook 15 to 20 minutes to desired doneness. Potatoes should be tender.