

DUCK BREAST BREAKFAST

by Wild Heart Mustangs™

Ingredients for the duck:

Soy sauce (low sodium)

Maple Syrup

Crushed Red Pepper

Garlic Powder

Lemon Pepper

Duck Breasts (this recipe uses 8 because that's what we harvested that morning)

3 medium sweet onions

Olive Oil

Ingredients for the rest of breakfast:

1 (or more) pound of bacon

1 dozen eggs

Half & half

Shredded cheddar cheese (amount depends on how much you like cheese)

Butter

Instructions:

Breast out the ducks (See How to Breast Fowl, below) and wash the breasts thoroughly before proceeding.

Remove silver skin from breasts. Slice them thinly, against grain. Make sure to feel for BB's from shotgun shell and remove any you find.

Once breasts are sliced, place in a bowl and add the first five ingredients. Mix well and set aside to marinate.

Thinly slice onions. In a large pan, sauté onions in olive oil until tender. Remove onions from the pan and set aside. Heat the remaining oil until very hot, but do not boil. Remove duck breasts from the marinade. Discard marinade. Add duck breasts to the pan and stir constantly for about 2 minutes. Do NOT overcook! When meat starts to feel "rubbery", remove duck breasts from the pan and combine in a bowl with the reserved sautéed onions.

Discard the olive oil in the pan you cooked the duck in. Add the bacon to it and cook to your preferred degree of crispiness. Remove to drain on a paper towel.

Beat the eggs and half and half in a bowl. Melt the butter in the cooking pan. Add the egg mixture and cook, stirring occasionally. When the eggs start losing their shininess, add the cheese to scrambled eggs and stir until the eggs are set and the cheese is melted.



The Illustrated DUCK BREAST BREAKFAST



Slice the breasts thinly, against the grain.



Marinate the duck while you prepare the rest of the ingredients.



Sauté the onions.



Cook & stir the duck breast.



Combine the duck and onions.



Serve the duck with cheesy scrambled eggs.

HOW TO BREAST FOWL

by Wild Heart Mustangs™

1. Place the bird on a solid surface on its back with the head towards you.
2. Insert the point of your knife under the skin at the top of the breast bone/sternum with the blade facing upwards.
3. Slit the skin along breast bone down to the vent (the rectum)
4. Using both hands, peel the skin back away from breast meat down to sides of bird near the wing joint.
5. With breast meat exposed, cut along the side of the breast bone and filet meat off the carcass.

