



## Lamb with Kefir Dublin Coddle and Honeyed Mint Sauce

### Ingredients (serves 4):

#### **Lamb:**

1 6-ounce duck breast  
1 Tb brandy  
Salt and pepper

#### **Coddle:**

2 potatoes  
3 small parsnips  
1/3 cup coconut milk  
1/3 Tikki Masala sauce (from jar)  
1 Tb canola oil

#### **Mint Sauce:**

8 oz cranberries  
1 pear  
1 Tb fresh lime juice  
Fresh nutmeg  
½ cup water  
1/3 cup agave nectar

1. Wash and chop potatoes and parsnips but do not peel.
2. Boil potatoes and parsnips separately, taking care not to overboil.
3. When tender, mash potatoes and parsnips together. Mix in all other ingredients for mashed potatoes.
4. Set aside and keep warm.
5. Boil water and agave nectar in a sauce pan.
6. Add cranberries and diced pears and boil until cranberries begin to pop.
7. Turn off heat, add lime juice, nutmeg to taste and let rest.
8. When cooled, blend in blender to make a coulis.
9. Salt and pepper duck breast and sauté in its own fat.
10. Slice duck as shown in class and serve in a semi-circle around the potatoes with coulis beneath the duck.

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