

PAN SEARED DUCK BREAST

with Blackberry Gastrique

Dry Creek
VINEYARD

INGREDIENTS

- 4 duck breasts
(6 ounces each)
- 1/4 CUP sugar
- 1/4 CUP red wine vinegar
- 1 CUP Dry Creek Vineyard
Meritage
- 1 CUP blackberries
- TO TASTE sea salt
black pepper

Pairing: 2008 Meritage
Sonoma County

METHOD Mix sugar with 1/4 cup water; cook, uncovered, over medium-high heat until reduced to a thick caramel-colored syrup, 5 to 10 minutes. Remove from heat; carefully add vinegar. Return to low heat and stir until caramel is dissolved. In a new saucepan combine Meritage with 1/2 cup of blackberries, then reduce until thick and syrupy. Add caramel and reduce until desired thickness. When sauce consistency is achieved, add remaining blackberries and season with salt and pepper.

Slice criss-cross pattern into skin side of duck breast and lightly salt. Heat sauté pan until just smoking then add duck skin side down. Cook on medium heat until brown and crispy, basting with rendered fat. When skin is crispy, turn over and cook for one minute until seared. Remove and place skin side down on a cookie sheet. Cook for 6-7 minutes in 350° oven until meat is medium rare. When done, rest meat for a few minutes before slicing and serving with blackberry gastrique.

Serves 4.