

Featured Recipe

SEARED DUCK BREAST WITH FRESH CHERRY, GARLIC AND CRÈME FRAÎCHE REDUCTION



To pair with
2011 SYRAH,
CLOVER CREEK VINEYARD
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Serves 2 people

Ingredients

2 DUCK BREASTS
EXTRA-VIRGIN OLIVE OIL
1/2 CUP SYRAH
1/2 CUP BALSAMIC VINEGAR
20 CHERRIES
1 TABLESPOON ROASTED GARLIC PUREE (CAN JUST CHOP GARLIC IF PRESSED FOR TIME)
1/2 CUP CRÈME FRAÎCHE (OR SOUR CREAM)
SALT AND PEPPER TO TASTE

Method

Cherry Reduction:

Place Syrah, cherries and vinegar into non-reactive sauce pan over high heat. Allow the liquid to reduce by half (shouldn't take too long). Remove from heat and run through strainer. Keep pulp in strainer and mash the cherries, remove the seeds and add the garlic and cherries to the liquid. Whisk in the crème fraîche/sour cream and set aside.

Duck:

Heat oven to 400 degrees.

Score the skin side of the duck breast, making sure not to cut too deep, cutting the meat. Sprinkle with salt and pepper. Heat a cast iron pan on medium-high heat adding olive oil. Once heated, add the duck breast skin side down. Cook for about 5-7 minutes. Flip breast for an additional 2-3 minutes. Transfer pan to 400 degree oven for about 5 minutes (medium rare)

Remove from heat and let rest under foil for 5 minutes. Plate with cherry sauce on top.

Suggested sides:

- Soft Polenta
- Steamed Vegetables (like broccoli, asparagus, cauliflower, seasonal veggies)