

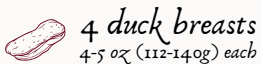
GRILLED DUCK BREAST

*A twist on the classic duck breast
& orange pan sauce!*





INGREDIENTS



4 duck breasts
4-5 oz (112-140g) each



kosher salt



black pepper
1/2 tsp, freshly ground



a 'glug' of wine
dry white, about 1/2 cup



freshly squeezed orange juice
1/2 cup



orange zest
1 tsp



unsalted butter



homemade chicken stock
about 1 1/2 cup

PREPARATION

Use a sharp knife to score the skin on the duck's breast in a cross hatch (diamond pattern), trying to cut only the skin without reaching the breast meat below. Scoring duck skin increases the surface area of the fat, allowing it to render off faster with greater exposure to heat. Season with salt and pepper.

Render the fat by grilling the duck breast, skin side down, on medium low heat for about 6-8 min. Once duck fat is rendered, grill duck breast on high, skin side down for 2-3 minutes until golden brown. Then flip and grill to medium rare. That means the proper internal temperature of a duck breast, after the meat rests, is between 125°F and 140°F. *No one will stone you to death if your duck breast hits 145°F, but anything over that and, well, you kinda wrecked it.*

Over high heat, in a sauté pan, reduce wine until pan is almost dry and only 1 to 2 tablespoons remain, about 2 minutes. Add chicken stock and let reduce by half, until sauce is sticky and rich, about 2 minutes. When sauce has thickened, remove from heat and swirl in butter until melted and evenly incorporated. Season the sauce with orange zest, juice, salt, and black pepper. Serve atop the grilled duck breast and enjoy!

PAIRING

Old Vines Zinfandel

From over 20 ancient vineyards across California, and aged in only 10% new oak, our Old Vines Zinfandel is a perfect companion to the rich and succulent duck breasts.

