

 DECEMBER 2014 CELLAR CLUB 

**SEARED DUCK BREAST WITH ORANGE  
AND POMEGRANATE GASTRIQUE**

PAIRED WITH 2008 SANGIOVESE, YIELD: 2 PORTIONS

**INGREDIENTS:**

2 EACH DUCK BREASTS, 7-8 OUNCES EACH  
1 OUNCE ORANGE POMEGRANATE GASTRIQUE (RECIPE BELOW)

**METHOD:**

1. Gently score duck breast skin with a sharp knife. Take care to not cut through the skin then season with salt and pepper on both sides.
2. Preheat a heavy sauté pan over medium-high heat then add the duck breast, skin side down and cook to crisp and 'render' (melt) the duck fat.
3. When the skin is crisp and brown, turn the duck breast over and continue cooking until the duck meat is seared but is firm but yields to the touch.
4. Remove from the pan and allow to 'rest' for 5 minutes before slicing against the grain.
5. Glaze with sauce and serve.

**ORANGE AND POMEGRANATE GASTRIQUE INGREDIENTS:**

1 TBSP. FRESH-SQUEEZED LEMON JUICE	WATER
1/2 CUP WHITE SUGAR	ORANGE SUPREMES & POMEGRANATE ARILS, FOR GARNISH
1/4 CUP WHITE WINE VINEGAR	KOSHER OR SEA SALT & FRESHLY GROUND WHITE PEPPER
A PINCH GROUND CORIANDER	
1 OUNCE ORANGE JUICE	
1 OUNCE POMEGRANATE JUICE	

**METHOD:**

1. In a small saucepan over medium heat, combine lemon juice, sugar and enough water to cover the bottom of the pan.
2. Once the sugar begins to turn brown, slowly stir in vinegar. The mixture will splatter, so be careful! The sugar will become hard and then melt as it blends with the vinegar.
3. Add the coriander, orange juice, pomegranate juice and stir. The mixture should come to a simmer and reduce for approx. 5 minutes into a smooth, syrupy consistency.
4. Remove from heat, and allow the mixture to cool to room temperature.
5. Sauce keeps for 3 weeks under refrigeration.

Recipe by Chef Wendy Bennett of Wine Country Cooking Studio

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