



WINESMITHS X JESSIE SPIBY

PAN SEARED DUCK BREAST WITH ORANGE BUTTER
PAN JUS, RADICCHIO, SHAVED PARMESAN, ORANGE
AND HAZELNUTS

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SACRIFICE NOTHING.

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PAIR WITH:

Winesmiths Cabernet Sauvignon and a loved one for a delicious date night

There is something a bit special about duck. While it may seem a little daunting to cook, I assure you if you follow these steps you'll have perfectly plump, pink duck. The use of orange in the rendered duck fat and butter sauce works in harmony alongside the clean-tasting cabernet. - *Jessie*

SERVES: 2 | TIME: 30 minutes.

INGREDIENTS

2 duck breasts, trimmed
(Vegetarian option, pan-seared halloumi)

ORANGE BUTTER SAUCE

Duck fat rendered from duck (see recipe)
1/2 cup dry white wine
1 1/2 cups of good quality chicken stock
60g unsalted butter
1 tbs orange zest (approx 1 orange)
1 orange, juiced
1/2 tsp fresh ground pepper

SALAD

1/2 cup hazelnuts, toasted and roughly chopped
1 radicchio
1/2 cup shaved parmesan
1 orange segmented

VINAIGRETTE

2 tbs olive oil
1tbs red wine vinegar
Salt to taste

METHOD

Preheat oven to 180°C.

Score and season the duck skin. Place the duck in a cold heavy based pan, skin side down. Turn the heat to medium, and slowly render the fat from the skin until the skin is golden. This should take about 5-7 minutes. Once golden and crispy, turn the duck over to seal the flesh. Pop the duck breasts flesh side down in a tray and place in the oven until medium rare, about 5-7 minutes. Remove from the oven, cover and rest for 5 or so minutes.

Deglaze the pan the duck was cooked in with white wine on high heat. Using a wooden spoon, scrape the pan and let the wine reduce until the pan is almost dry. You want about 1 to 2 tablespoons of liquid. Once reduced, add chicken stock and reduce by half. Remove pan from heat, add the butter, and swirl gently until incorporated. Add the orange zest and juice then season with salt and black pepper to taste.

Mix the vinaigrette, then drizzle over salad ingredients and toss. Slice the duck into three and dress with the orange pan sauce. Season to taste.

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