

Duck Breast with Blueberry Sauce, Fried Fingerling Potatoes and Roasted Delicata Squash paired with Davis Estates Howell Mountain Cabernet Sauvignon

INGREDIENTS:

Duck Breast

4 boneless duck breast halves
Salt and black pepper

Blueberry Sauce

½ cup shallots, finely diced
4 sprigs fresh thyme
¾ cup Davis Estates red wine
1 cup fresh blueberries
1 cup chicken broth
1 teaspoon red wine vinegar
2 tablespoons cold unsalted butter
salt and black pepper to taste

SERVES: 4-6

Fried Fingerling Potatoes

1-pound banana fingerling potatoes, sliced lengthwise in half
Salt and black pepper
2-3 tablespoons reserved duck fat

Roasted Delicata Squash

2 delicata squash, cut into ½ inch rings, seeds removed but skin on
½ bunch sage, chiffonade
2 garlic cloves, minced
¼ cup olive oil
salt and freshly ground black pepper to taste

METHOD:

Duck Breast

- Scored the skin in cross hatch pattern, not deep enough to cut the meat. Pat the duck breasts dry with paper towels and season with salt and pepper. Heat a medium sized nonstick skillet over medium heat until hot.
- Add the duck breasts, skin side down, reduce heat to low, and cook until the fat begins to render, about 5 minutes. Drain off 2 to 3 tablespoons of this fat to start your potatoes while continuing to cook the duck.
- Begin your potatoes.
- Continue to the cook duck skin side down, until most of the fat has rendered and the skin is deep golden and crisp, 15 - 20 minutes (if after 10 minutes skin is not browning adjust heat to medium).
- Flip the duck breasts over and continue to cook until the center of the breasts are medium-rare and read 125 degrees on a meat thermometer, 2 to 5 minutes. Transfer the duck to a cutting board and tent with foil and let rest for 5 to 10 minutes.

Blueberry Sauce

- Using the same skillet you just cooked your duck in, leaving about a tablespoon of duck fat in it, add the shallots and cook over medium-high heat until softened, 2 to 3 minutes.
- Add the wine, thyme and blueberries and cook until the liquid has reduced to a syrupy consistency, about 5 minutes. You may need to mash the berries a little.
- Add the chicken broth and cook until the sauce reduces to about 1 cup, about another 5 minutes.
- Remove thyme sprigs. Whisk butter into the sauce and stir in red wine vinegar.

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Fried Fingerling Potatoes

- Preheat oven to 350°F.
- Heat a large, heavy bottomed skillet over medium-low heat and add reserved duck fat, salt and pepper.
- Place potatoes cut side down in skillet, and reduce heat to low.
- Sprinkle with more salt and pepper and cook for about 20 minutes, or until potatoes are golden brown.
- Transfer to the oven and bake for 15 minutes.

Roasted Delicata Squash

- Preheat oven to 350°F.
- In a large bowl toss squash, sage, garlic, and olive oil.
- Place squash on a non-stick sheet pan and season with salt and pepper. Roast, until just tender, 25 to 30 minutes.

To Finish

On a warm plate, spread a generous amount of Blueberry Sauce. Place the Duck Breast on top. Garnish with a spoonful of Fried Fingerling Potatoes and Roasted Delicata Squash on the side. Serve immediately with a glass of Howell Mountain Cabernet Sauvignon.