

Duck Breast with Black Mission Fig Sauce, Hasselback Potatoes and Roasted Carrots paired with Davis Estates Howell Mountain Cabernet Sauvignon

INGREDIENTS:

Duck Breast with Black Mission Fig Sauce

4 boneless duck breast halves, skin scored in cross hatch pattern
Salt and black pepper
½ cup shallots, finely diced
4 sprigs fresh thyme
1 bay leaf
¾ cup Davis Estates red wine
½ cup dried figs, diced
1 cup chicken broth
2 tablespoons cold unsalted butter

SERVES: 4-6

Hasselback Potatoes

8 tablespoons (1 stick) butter, softened
½ cup extra-virgin olive oil
⅓ cup finely chopped chives
1 teaspoon thyme, chopped
Kosher salt and freshly ground black pepper
6 medium russet potatoes, scrubbed

Roasted Carrots

3 bunches baby carrots
3 tablespoons extra virgin olive oil
Salt and freshly ground pepper
1 teaspoon fresh thyme leaves, chopped
1 tablespoon finely chopped parsley

METHOD:

Duck Breast with Black Mission Fig Sauce

- 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, lower the 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 potatoes.
- Continue to cook 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 measure 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.
- Reserve fat from skillet, leaving about a tablespoon in skillet.
- Add the shallots and cook over medium-high heat until softened, 2 to 3 minutes. Add the wine, thyme, bay leaf and dried figs and cook until the liquid has reduced to a syrupy consistency, about 5 minutes. Add the chicken broth and cook until the sauce has thickened and measures about 1 cup, about another 5 minutes.
- Remove thyme sprigs and bay leaf. Place sauce in blender and blend until smooth, then whisk butter into the sauce adjust seasoning if needed.

Hasselback Potatoes

- Preheat the oven to 450°F.
- Stir together the butter, olive oil, chives, thyme and some salt and pepper in a small bowl.

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- Place two chopsticks or wooden spoons flat on a cutting board with a potato between the handles. Slice the potato into thin slices, leaving 1/4 inch at the bottom unsliced; the spoon handles will prevent you from slicing the potato all the way through. Repeat with the remaining potatoes.
- Put the potatoes on a baking sheet and brush on the butter mixture, making sure to get in between all the slices. Bake until tender and crisp, 55 to 60 minutes.

Roasted Carrots

- Preheat the oven to 400°F.
- Place the carrots in a large bowl, and toss with the olive oil, salt, pepper, and thyme.
- Spread in an even layer on a sheet tray. Bake for 10- 12 minutes until just tender. Sprinkle with parsley and serve

To Finish

On a warm plate, spread a generous amount of Black Mission Fig Sauce. Place the Duck Breast on top. Garnish with a spoonful of Roasted Carrots and Hasselback Potatoes on the side. Serve immediately with a glass of Howell Mountain Cabernet Sauvignon.