

The Virtual

WINE & FOOD AFFAIR

November 7-8, 2020



Pan Roasted Duck Breast with Wild Mushrooms and Roasted Root Vegetables

INGREDIENTS

- 3 turnips, totaling approximately $\frac{3}{4}$ pound, cut into wedges
- 3 golden beets, totaling approximately $\frac{3}{4}$ pound, cut into wedges
- 2 fennel, totaling approximately $\frac{3}{4}$ pound, cut into wedges
- 2 tablespoons olive oil
- Salt and pepper to taste
- $\frac{1}{2}$ pound wild mushrooms (chanterelle, morel, etc), cut or torn into large pieces
- 2 cups duck (or chicken) stock
- $\frac{1}{2}$ cup Director's Cut Cinema
- 3 Black Mission figs, totaling approximately 6 ounces
- 2 duck breasts, 6-7 ounces each, with fat scored



DIRECTIONS

Preheat oven to 450 degrees. Toss the turnips, beets, and fennel in a bowl with olive oil and season to taste with salt and pepper. Place vegetables on an appropriately sized cooking tray and place in the oven for 20 minutes. After 20 minutes, remove pan from oven and add mushrooms to the pan and toss to coat the mushrooms in oil. Place back in the oven for 15 minutes to cook the mushrooms and finish cooking the other vegetables. Remove from oven and set aside. In a small sauce pot, add the stock, wine, and figs, bring to a boil and reduce to a simmer.

Reduce mixture by half and purée until very smooth. Season the sauce to taste with salt and pepper and set aside. To cook the duck, place a sauté pan over medium heat, add 1 tablespoon of olive oil, and season the duck on both sides with salt and pepper.

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Pan Roasted Duck Breast with Wild Mushrooms and Roasted Root Vegetables (continued)

DIRECTIONS (continued)

Place the duck skin side down in the pan and place in the oven for 10 minutes until desired temperature is reached. Remove from oven and allow to rest before slicing. Add one tablespoon of the rendered duck fat from the pan to the reserved sauce. To plate, place some of the roasted vegetables in the center of a plate and place the sliced duck breast on top. Drizzle the sauce over the duck and serve. Servers 4.

PERFECT PAIRING

2017 Director's Cut Cinema

ABOUT OUR RECIPE

As summer transitions into fall, it's time to start thinking about all of those fall flavors we look forward to every year. This is a dish that celebrates some of those wonderful ingredients- local duck, root vegetables from our onsite Culinary Garden, and figs! Cook the duck medium-rare so it stays juicy and tender. This dish paired with our Director's Cut Cinema is a perfect match. We hope you enjoy!

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