



2018 SYRAH
BOUSHEY VINEYARD
Yakima Valley AVA

PAN SEARED DUCK BREAST

*Rosemary Syrah Reduction, Apricot Mostarda,
Moroccan Spice Blend, Grilled Broccoli Rabe,
and Couscous*



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PAN SEARED DUCK BREAST

Serves 4

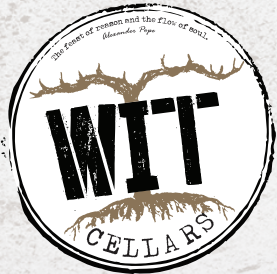
INGREDIENTS

4 Duck Breasts

*Visit our Website...
for the full recipe!*

DIRECTIONS

1. Before pan-roasting duck breast, air-dry the duck in the refrigerator.
2. With a sharp knife, score the skin in parallel slashes against the grain or in a crosshatch diamond pattern. Make sure your slashes only go through the skin and fat, avoiding cutting into the meat.
3. Allow duck to rest at room temperature for 5-10 minutes.
4. Warm a large saute pan to and lay duck skin side down into the pan leaving plenty of room for each so they don't collect each other's heat. Try not to allow meat to cook too long. Allow fat to render until duck easily comes off of pan and is golden brown.
5. Remove duck and reserve fat for broccoli.
6. Season meat (Moroccan Spice Blend) on both sides and place in oven, skin side up and roast to 122-125 degrees.
7. Remove duck and allow to rest (temperature will continue to rise and then rest) for about 3-5 minutes before slicing.



- ✓ Rosemary Syrah Reduction
- ✓ Apricot Mostarda
- ✓ Moroccan Spice Blend
- ✓ Grilled Broccoli Rabe
- ✓ Couscous



Prosser Tasting Room:
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