

Heath 100 Year Old Vine Cabernet/Shiraz

Rare Roasted Duck with Cherry Cabernet Sauce and Roasted Beet Salad (serves 4)

Ingredients (duck):

4 6 ounce (170gram) duck breasts
1 cup (240ml) dried cherries
1 cup (240ml) Southern Roo Cabernet Shiraz
1 teaspoon (30ml) freshly ground cinnamon
1/3 lb (150 grams) each candy-cane, yellow and red beets
1 (15ml) tablespoon olive oil
1 (5ml) teaspoon fennel seeds
1 (15ml) tablespoon balsamic vinegar

1. Mix together balsamic vinegar, fennel seeds and olive oil
2. Cut tough skin off beets, cut in quarters or halves ensuring beets sizes are equal
3. Keep beets separate by variety and place each variety on a piece of aluminum foil
4. Drizzle beets with balsamic vinaigrette and season with salt and pepper
5. Roast beets in oven preheat to 400 degrees Fahrenheit for 20 minutes or until you can insert a skewer or toothpick into the center
6. While beets are roasting, score fat side of duck breast by creating half inch deep slices running in a criss-cross direction. Make sure not to cut into the meat.
7. Place sauté pan over medium-high heat
8. Season duck on both sides with salt and pepper
9. When pan is hot, place duck breasts fat side down, cook for approximately 6-8 minutes until the skin has reached a crispy brown
10. Remove duck from pan, place on a baking sheet and roast in oven skin side up for 6-8 minutes for medium-rare
11. Drain excess oil from pan and return to stove, Southern Roo Cabernet Shiraz, dried cherries and cinnamon
12. Reduce over medium heat to ¼ of its original liquid
13. Remove duck and beets from oven
14. Let duck rest
15. Slice duck lengthwise
16. Place roasted beets in middle of plate and fan duck breast overtop
17. Drizzle dried cherry sauce over duck and garnish with fresh herbs