

Shiraz

Five Spice Duck with Cranberry Ginger Sauce

¼ cup Orange Juice
2 tbsp olive oil
1 tbsp Chinese five-spice powder
2 cloves garlic, minced
1 tbsp finely grated orange peel
4 individual boneless duck breasts, 8 oz each
1 tbsp warm honey
salt and pepper

Sauce:

1 cup Lizard Flat Shiraz
½ cup chopped, dried Carnberries
1 shallot, minced
1 cup chicken broth
2 tbsp finely grated fresh ginger
Salt and pepper

Preparation

1) Combine olive oil, orange juice, Chinese five-spice powder, garlic and orange peel. Rub all over duck breasts. Cover and refrigerate for at least 2 hours or over night.
2) Rehydrate Cherries with Lizard Flat Shiraz and let stand for at least 5 minutes.

3) Preheat oven to 400F (200C). Remove duck from marinade and pat skin-side dry with a paper towel. Reserve marinade. Score skin of duck 4-6 times per breast. Season with Salt and pepper.

4) Heat oil in a heavy skillet set over medium-high heat. Add duck, skin-side-down, and cook for 2 minutes or until golden. Turn and brush skin with marinade. Cook for 1 to 2 minutes or until second side is browned. Transfer to heated sheet pan, turning so that skin side is down. Set in oven and roast for 5 to 7 minutes or until cooked to medium rare.

Sauce:

1) Add minced shallots to pan used to sear the duck, reducing heat to medium. Cook, stirring, for 2 minutes. Stir in Wine and Cherries and any marinade remaining in bowl. Increase heat to medium-high.

2) Add broth and ginger. Boil until reduced and thickened. Taste and add salt and pepper as needed. Strain sauce.

Remove duck from oven and brush honey evenly over skin. Let rest on a platter or cutting board for 5 minutes before slicing thinly. Top with Sauce.

Makes 4 servings.