

## **DUCK BREAST w/BLACKBERRY POMEGRANATE REDUCTION**

*This recipe was created by the proprietors of Stoneboat Vineyards for a family Pinotage tasting. Pinotage is a rich wine with red berry flavours and it makes a lovely reduction that- is perfect for Duck. The tartness of the pomegranates and the fragrance of the blackberries really complete the sauce. Duck is best served medium-rare; if you cook it too long the flavour will really change.*

### **INGREDIENTS**

*1 1/2 cups red wine  
1 1/2 cups pomegranate juice  
2 shallots, chopped  
1 garlic clove, minced  
5 black peppercorns  
1 1/2 cups duck or chicken stock  
salt and freshly ground black pepper*

### **SERVES 4**

*1/2 cup water  
1/2 cup sugar  
1 1/2 cups blackberries  
1 tbsp lemon zest  
2 tbsp butter  
4 duck breasts*

*1. Combine the wine, pomegranate juice, shallots, garlic and peppercorns in a large saucepan over medium heat. Bring to a boil and then simmer until the liquid has reduced by about 1/2. Strain through a fine sieve and discard the solids. Add the stock and reduce again until you have 1 1/2-2 cups of liquid.*

*2. Meanwhile, in a small saucepan, combine the water and sugar and bring to a boil over medium-high heat. Add the blackberries and lemon zest and allow to simmer for 3-4 minutes. Do not cook any longer or the berries will disintegrate.*

*3. Whisk the butter into the wine reduction from step 1. Using a slotted spoon, add the cooked blackberries and gently stir through. You can also add some of the sugar-water from the blackberry pan if additional sweetness in the sauce is desired. Set aside.*

*4. Season the duck breasts well with salt and pepper. With a sharp knife, score the fat in a crisscross pattern, taking care not to pierce through to the meat. Heat a non-stick pan over medium-low heat, then add the duck breasts, fat side down. Allow the fat to render for about 6-8 minutes.*

*5. Once most of the fat has rendered, drain some of it off (this is great for sautéing cabbage or potatoes) and turn up the heat to medium-high for a few minutes, allowing the skin to brown and crisp. Flip the breasts and cook for a further 2-3 minutes, or as needed to bring to medium-rare. The breast should be springy to touch.*

*6. Slice the breasts crosswise into 4 or 5 pieces and serve on a plate with the sauce drizzled over top.*