

### **Pan Seared Breast of Duck with Wild Huckleberry Gastrique Sauce**

*This dish is a little more refined than most, but if you are willing to take the time to make a great sauce and track down some ingredients its well worth it. Gastrique is a French term for a sweet and sour base for sauces that is most commonly used in dishes like the classic Duck A La Orange. It helps to provide a sauce with a depth of range and flavor, which I like to think pairs well with our own full bodied wines.*

**Recipe Created by Chef Kevin McKenzie**

#### **Ingredients**

<b>Four Individual Duck Breasts</b>	<b>6 ounces each</b>
<b>Sugar</b>	<b>½ cup</b>
<b>Red wine vinegar</b>	<b>½ cups</b>
<b>Dry Creek Heritage Zinfandel</b>	<b>2 cups</b>
<b>Roasted Chicken or Duck Stock</b>	<b>1 cup</b>
<b>Veal Stock</b>	<b>1 cup</b>
<b>Wild Mountain or coastal huckleberries</b>	<b>1 ½ cups</b>
<b>Sea Salt</b>	<b>to taste</b>

#### **Method**

**Slice criss-cross pattern into skin side of duck breast in order to help render the fat and retain crispness of skin when cooked. Lightly salt duck breast and set aside until ready to cook.**

**To make the sauce, in clean non reactive pan place sugar and red wine vinegar, stir lightly to help dissolve sugar. Cook on medium heat until sugar and vinegar have begun to caramelize. Pull pan off heat and allow the caramel to cool slightly.**

**In a separate sauce pan combine Heritage Zinfandel in sauce pan with ½ cup of huckleberries, and then reduce until thick and syrupy. Add both veal and chicken stock to pan and reduce by half. Add caramel to sauce and continue to reduce until desired thickness. Use only the amount of caramel to reach desired balance between sweet and sour. When sauce consistency is achieved add remaining huckleberries and season to taste with salt and pepper.**

**For the duck, heat sauté pan until just smoking then add duck breast to pan skin side down. Turn flame to medium heat and cook duck on skin side until brown and crispy, take care to baste top of breast with the fat of the pan. When the duck skin is crispy, turn duck over and cook for one minute until seared. Remove pan from stove, place duck skin side down on cookie sheet and cook for 4 minutes in 350 degree oven until meat is rare to medium rare. When done, remove duck from oven and rest the meat for a few minutes before serving.**

**When ready to serve slice duck breast attractively in thin slices, then fan slices out and garnish with huckleberry sauce.**

**Serve with Dry Creek Vineyard Heritage Zinfandel or Old Vine Zinfandel**