



Duck breast in red wine sauce & its squash puree

Ingredients

- 3 duck breasts
(about 1 pound each)
- Salt
- 1 tbsp. black pepper
- 4 garlic cloves, sliced
- Fresh thyme sprigs
- 2 tbsp. unsalted butter
- 1 large shallot, sliced
- 1 tbsp. tomato paste
- 2 cups unsalted chicken broth
- ¼ cup + 2 tbsp. red wine
- 1 tablespoon Cognac or brandy
- 2 tsp. potato starch
- 2 carrots
- 50g butter
- 20cl crème fraîche
- 1 potimarron (pumpkin squash)
- 1 potato
- Curry (per taste)
- Salt & pepper (per taste)
- Nutmeg (per taste)

Instructions

DUCK BREAST IN RED WINE SAUCE

6 servings

Step 1

Remove the tenderloins (the thin strips of meat on undersides of the duck breast) and reserve for the sauce. With a sharp knife, trim away any gristle from the undersides of the breasts and trim any excess fat. Score the skin in a diamond pattern, cutting through the fat but not quite reaching the meat. Lightly sprinkle salt on both sides, then rub 1 teaspoon crushed black peppercorns all over. Sprinkle with the garlic and a few thyme sprigs, cover, and leave at room temperature for 1 hour. (For deeper flavor, refrigerate the breasts for several hours or overnight, then return to room temperature before cooking.)

Step 2

Heat 1 tablespoon unsalted butter in a saucepan over medium heat. Add the shallot and the reserved duck tenderloins; let them brown well, stirring occasionally, 5 to 8 minutes. Stir in the tomato paste and a small thyme sprig and let them fry for 1 minute.

Step 3

Add the broth and $\frac{1}{4}$ cup wine, raise the heat to a brisk simmer and let the liquid reduce to about $1\frac{1}{4}$ cups, about 10 minutes. Strain the sauce and return to the heat. Add the remaining 2 tablespoons red wine and the Cognac or brandy and cook for 1 minute more. Dissolve potato starch in 2 tablespoons cold water, then stir the mixture into the sauce. Whisk in the remaining 1 tablespoon of butter. Season to taste with salt. (Sauce may be made in advance and reheated, thinned with a little broth.)

Step 4

Remove and discard the garlic and thyme sprigs from the breasts. Heat a large, heavy skillet over medium-high. When the pan is hot, lay in the duck breasts, skin-side down, and let them sizzle. Lower the heat to medium and cook for a total of 7 minutes, checking to make sure the skin isn't browning too quickly. With tongs, turn the breasts over and let them cook another 3 minutes for rare, 4 to 5 minutes for medium-rare. Transfer to a warm platter and let rest for 10 minutes. Slice crosswise, not too thickly, at a slight angle and serve with the sauce.

Instructions

SQUASH PUREE

1. Cut up the pumpkin. Peel it (be careful, the skin can be tough!), remove the seeds and cut them into large cubes.
2. Peel and slice the carrots.
3. Place the pumpkin and carrots in a steamer for 20-30 min (check for doneness).
4. Meanwhile, cook the peeled and chopped potato in boiling water.
5. When all the vegetables are cooked, pass them through a food mill (do not use a blender).
6. Add butter, crème fraiche, spices, salt and pepper. Soften the purée with the potato cooking water.
7. Serve immediately. (It can also be prepared in advance and reheated in the microwave).

Wine Suggestions



CHATEAU PAUL MAS
Clos des Mûres

This historical wine of Domaines Paul Mas offers full-bodied wine yet well-balanced with a creamy texture and polished tannins.



CÔTÉ MAS
Sauvignon-Vermentino

[...] Easy drinking, the palate is crisp with soft flavors of honeydew melon, green apple, peaches, lemon and ample minerality. - JT