



Pomegranate Glazed Duck Breast and Bread Salad

Serves 4

Pomegranate Glaze

1 tablespoons shallots, minced
 1 ½ tablespoons brandy
 3 tablespoons honey
 4 tablespoons orange juice
 1 cup pomegranate juice
 2 tablespoons pomegranate syrup*
 1 cup chicken stock, low sodium

Duck

4 duck breasts, trimmed of excess fat
 2 teaspoons coarse salt
 2 teaspoons black pepper, fresh ground
 1 teaspoon nutmeg, ground
 2 teaspoons canola oil

Bread Salad

2 cups fresh country bread, large diced
 ½ cup chicken stock, low sodium
 4 ounces butter (1 stick) melted
 ¼ cup onion, small diced
 ¼ cup celery, small diced
 ¼ cup carrots, small diced
 2 tablespoons pecan pieces, toasted
 ¼ cup fresh parsley leaves, loosely packed
 2 fresh sage leaves, toasted and crumbled
 ¼ cup pomegranate seeds

Pomegranate Glaze

In a small non-reactive saucepan, combine shallots, brandy, honey, orange juice, pomegranate juice and pomegranate syrup. Reduce to a syrupy consistency. Add chicken stock and reduce to a syrupy consistency again. Set aside in sauce pan covered with a lid.

Duck

Season the duck breast on all sides with salt, black pepper and nutmeg. Place a large sauté pan over medium low heat and add the canola oil. Place the duck breast in the pan fat side down. Slowly cook the duck breast until all the fat is rendered off and the skin is crispy. Flip the duck breast, cook for a minute longer then remove the duck breast from the pan for a minute to rest. In the same pan drain off the fat and add half the pomegranate glaze. Turn the heat up to high, bringing the glaze to a boil and add the duck breast. Coat the duck with the glaze and remove from the pan to a rack to rest.

Bread Salad

Preheat the oven to 375°F. Toast the bread for 5 minutes and place in a medium sized mixing bowl. Bring the chicken stock to a boil; remove from the heat and cover.

Place a large sauté over medium pan melt the butter, add the onions, celery and carrots and cook until soft. Place the vegetables in the bowl with the bread while warm and toss together. Add the chicken stock, parsley, sage and pomegranate glaze. Season the bread salad to taste with salt and black pepper.

To serve, divide the bread salad evenly on four plates. Slice the duck breast placing one breast per plate. Drizzle extra glaze over the duck and bread salad then serve.

Enjoy with a glass of 2009 Darms Lane Petite Verdot