

## *duck breasts with balsamic vinegar*

### Baste

240ml balsamic vinegar

1 tablespoon honey

### Meat

4 (225-300g) muscovy boneless duck breast halves (about 2cm thick)

### Seasoning

4 teaspoons finely chopped fresh thyme

4 teaspoons finely chopped fresh marjoram

1 teaspoon kosher salt

1 teaspoon fresh ground black pepper

Make the baste: in a small sauté pan, combine the balsamic vinegar and honey; bring to a boil; cook over high heat until reduced to 80mL; set aside.

Trim excess fat from duck breasts; if the skin is very fatty, trim it to a thickness of 7mm; score the skin in a diamond pattern.

Make the seasoning: in a small bowl, combine the seasoning ingredients.

Sprinkle the breasts with the seasoning, then brush all over with the baste.

Grill, skin side down, over direct low heat until the internal temperature reaches 70C, 12-14 minutes, basting and turning once halfway through grilling time.

The juices should be slightly pink, the skin golden brown and crisp.

Remove from the grill and allow to rest for 3-4 minutes.

Slice thinly on the bias and serve warm. Serves 4.

**PAIR WITH** *Chrismont Merlot 2004*

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