

merlot 2004

WINEMAKER	Warren Proft
REGION	King Valley 100%
COLOUR	deep cheery red
NOSE	dark cherries are followed by suggestions of spice and chocolate
PALATE	dark chocolate, leather and cedar are expressed; a texture of fine tannins supports through to a smooth finish; balanced acid
FOOD	duck breast, beef stew or pot roast
CELLARING	to 2012
ALC/VOL	14.0%

DUCK BREASTS WITH BALSAMIC VINEGAR

Baste

240mL (1 cup) balsamic vinegar
1 tablespoon honey

Meat

4 (225-300g/8-10 ounce) muscovy boneless duck breast halves (about 3/4 inch 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 (1/3 cup); set aside.

Trim excess fat from duck breasts; if the skin is very fatty, trim it to a thickness of 7mm (1/4 inch) ; 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/160F, 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.

Chrismont

