



Melissa Barnes

Seared Duck Breast with Garden Salad

A satisfying dish and a great match for Keller Estate La Cruz Vineyard Syrah

- 4 boneless half breasts of duck, about 6 to 8 ounces each
- Salt and pepper to taste
- 1 cup yellow, orange or red cherry tomatoes, sliced in half
- 4 ounces baby lettuces or micro-greens, any variety
- 1 tablespoon extra-virgin Keller Estate olive oil
- 1 teaspoon white wine vinegar
- High-quality balsamic vinegar, for drizzling

1. Using a sharp paring knife, score the skin, making a diagonal criss-cross pattern on the duck skin with each cut about 3/4 of an inch apart, taking care not to cut into the meat. This is done so that most of the fat attached to the skin will be rendered out during cooking.

2. Season both sides of each duck breast with salt and pepper. Heat a large skillet over medium-high heat and add the breasts, skin side down. Cook without disturbing until the skin is brown and crisp and the fat has rendered out, about 8 minutes. Use tongs to turn the breasts to cook until brown on the skinless side, or until an instant-read thermometer inserted into the center reads 130° F (medium rare), which should take 5 to 7 minutes. Remove the breasts to a cutting board and let rest 5 minutes before slicing on the diagonal.

3. While duck rests, combine tomatoes and lettuces or greens in a large bowl. Drizzle with Keller Estate olive oil and vinegar, season with salt and pepper to taste and toss well. Arrange duck and salad on serving plate or individual plates and drizzle lightly with balsamic vinegar. Serve immediately. *Serves 4.*

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