
Pan Roasted Duck Breast – Paired with 2006 Syrah Reserve



Ingredients:

3	Duck Boneless Breasts (one complete breast serves 2, ½ breast per person)
Spice Rub	See ingredients below
1 TBLS	Olive Oil

Spice Rub Directions: Combine the following ingredients in a bowl

2 ½ tablespoons paprika
2 teaspoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried leaf oregano
1 tablespoon dried thyme

Directions:

Preheat oven to 400 degrees. Season the entire duck breast with the spice rub, both sides. In a large oven proof sauté pan, heat the olive oil. When hot, add the duck breast skin side down. Sear for 6 minutes. Flip the duck breast and place uncovered in the oven. Roast for 8-10 minutes for medium rare. Remove the duck from the oven, remove from pan and allow the duck to rest 2-3 minutes. Slice each breast on the diagonal in ½ in slices.

Store any unused spice rub in an airtight jar for future use.

Serves 6 -- Serve sliced duck breast on top of garlic mashed potatoes and pour juices over the duck.

Enjoy with Auriga's 2006 Syrah Reserve