

# Pan Seared Duck Breast with Cranberry Maple Sauce

SERVING 4

Seared duck breast is a dish many people leave to a restaurant, but it really is a simple dish to prepare at home. This recipe is delicious and very easy to pull off. The trick is to score the duck breast deep enough to go through the fat but not too deep that you hit the flesh. The richness of the duck breast compliments the soft structure of the wine, and the cranberry flavour in the sauce draws out the similar fruit notes.

## Tasting Notes – Unsanctioned Series Cabernet Franc 2020

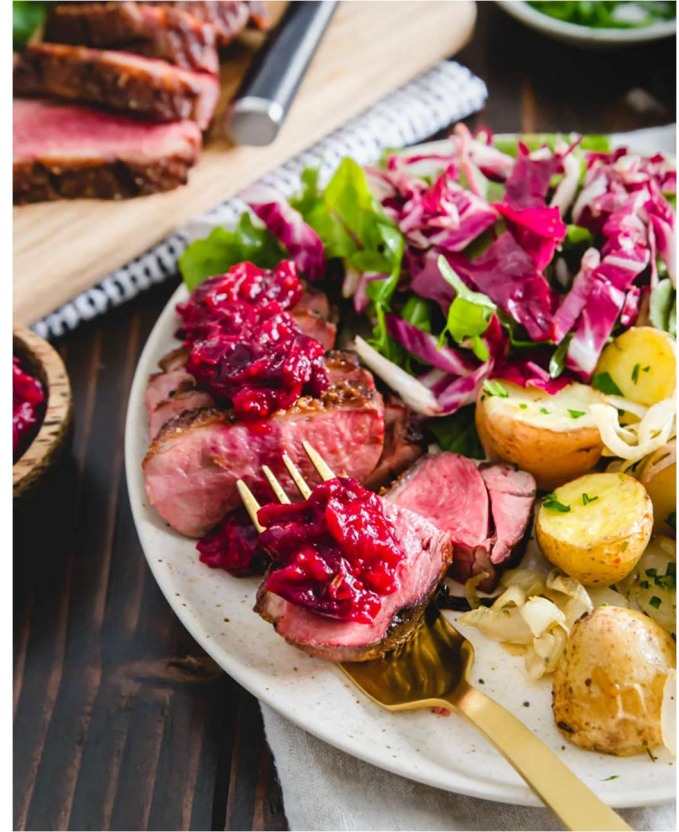
*Savoury aromas of cranberry, raspberry and blueberry, framed by floral notes. The palate is velvety and soft, with light tannins enhanced by flavours of black forest cake, cherry compote, and a light spice at the end. Aged 18 months in mostly neutral French oak barrels. Bottled unfiltered and unfiltered.*

## Ingredients

- 500g boneless duck breasts
- Kosher salt
- Freshly ground black pepper
- 1 cup fresh or frozen cranberries
- 1 teaspoon orange zest
- 1 tablespoon orange juice
- 1 tablespoon maple syrup
- 1 sprig fresh rosemary, leaves removed from stem and minced
- Pinch of Kosher salt

## Directions

- Place a large cast iron skillet over medium-high heat
- Score the duck breasts using a sharp knife in a diagonal diamond pattern across the fat side of the breast. Score deeply but don't cut through the flesh, just the fat. Season both sides of the breasts liberally with the salt and pepper.
- Once hot, place the duck fat side down into the skillet.
- Sear until the fat becomes crispy and turned a deep golden brown colour, about 3-5 minutes.
- Flip the breasts over in the pan and sear on the other side for an additional 3-5 minutes.
- Remove the duck from the skillet when the internal temperature has reached 130°F (medium-rare). Transfer to a plate or cutting board, cover and let rest for 5-10 minutes before slicing.
- To make the cranberry maple sauce, combine all the ingredients in a small sauce pot over medium-low heat.
- Bring to a simmer then reduce the heat to low. Stir and help break down the cranberries with a spatula as they cook until thickened, about 10 minutes. Turn off the heat and let sit (mixture will thicken more as it cools). Serve with the seared duck breasts.



Photos and Recipe Credit: [runningtothekitchen.com](http://runningtothekitchen.com)



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### Unsanctioned Series Cabernet Franc

**Vintage:** 2020

**Vineyard:** Golden Mile Bench, Oliver

**Aging:** 18 months in neutral French barrels

