

ROAST SONOMA DUCK RUBBED WITH HOLIDAY SPICES ATOP ALMOND AND FIG FARRO

with 2014 Geyserville

Yield 6-8 servings

Active Time 45 minutes

Total Time 3 hours

INGREDIENTS

Duck

- 1 duck (roughly 3lbs)
- sea salt
- freshly ground black pepper
- 2 heaped teaspoons of five-spice powder
- 1 tangerine
- 6 fresh bay leaves

Gravy

- 1 bulb of garlic, halved across the middle
- 2 carrots, trimmed and sliced
- 2 red onions, peeled and sliced
- 3 tablespoons all-purpose flour
- 1/2 cup Marsala wine
- 4 cups low sodium, organic chicken broth

Farro

- 2 cups water
- 2/3 cup uncooked farro
- 1 (3-inch) cinnamon stick
- 1 1/2 tablespoons olive oil, divided
- 3/4 cup minced onion
- 1 garlic clove, minced
- 1/2 cup chopped dried figs
- 1/4 cup chopped fresh flat-leaf parsley
- 1 1/4 teaspoons kosher salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 2 to 3 tablespoons sherry vinegar
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground cloves
- 2 to 3 tablespoons extra virgin olive oil



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INSTRUCTIONS

Duck

1. Remove any excess fat from the inside cavity of the duck. Then, using a sharp knife, carefully score the breast and legs all over in crisscross fashion, roughly 1cm apart.
2. Season the duck with salt, pepper and the five-spice, rubbing all over so the flavor is absorbed..
3. Halve the tangerine and place it into the cavity along with the bay leaves.
4. Place the duck in a medium-sized roasting tray, cook at 350 degrees for approximately 1 hour and 20 minutes.
5. Remove the duck from the oven and drizzle the vegetables with some of the fat from the tray and then toss to coat.
6. Lift the duck, scatter the garlic, carrots and onions into the tray and set the duck back on top. Cook for another 40 minutes, or until the duck is crisp and the meat falls away from the bone easily.

Gravy

1. To make the gravy, remove the duck from the tray of roasted vegetables and set aside.
2. Add the flour to the broken-down vegetables and mash everything together with a potato masher, scraping up all of the bits from the bottom of the pan.
3. Place the pan over medium-high heat and pour in the Marsala, stirring well and allowing the alcohol to cook off for a minute or two.
4. Add the chicken stock, then bring to a boil and reduce to a simmer for approximately 15 minutes, or until thickened and reduced.
5. Strain through a sieve, skim away any fat from the surface, and season to taste with salt and pepper.

Farro

1. Combine the water, farro and cinnamon stick in a saucepan and bring to a boil. Cover and simmer 20 minutes or until tender. Drain; discard cinnamon stick.
2. Heat 1 ½ teaspoons olive oil in a medium skillet over medium heat. Add the onion and sauté for 6 minutes or until tender. Add the garlic and sauté for 1 minute longer, stirring constantly.
3. Combine the cooked farro, onion mixture, figs, parsley, 1/2 teaspoon salt, 1/4 teaspoon pepper, and the next ingredients in a medium bowl. Finish with the extra virgin olive oil.

To finish

1. Shred the duck legs and carve the breast, then serve with a boat of gravy, and the fig-almond farro.