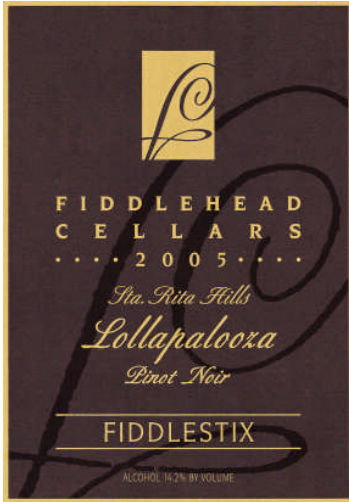


FIDDLEHEAD CELLARS

FROM BABETTE'S KITCHEN

Created for Fiddlehead Lollapalooza Pinot Noir

ROASTED DUCK BREAST WITH PEPPERED PLUM SAUCE (serves 4)



INGREDIENTS

FOR THE SAUCE

3 Tablespoons Olive Oil
4 firm Pluot plums (or any other tart plum; about 1 lb)
½ cup honey
1 cup *Fiddlehead* Pinot Noir
1 teaspoon freshly ground black pepper
1 teaspoon ground nutmeg

FOR THE DUCK

4 boneless duck breasts defrosted (skin on, if possible)
¼ cup honey mustard
Freshly ground black pepper

1 lemon, thinly sliced, for garnish

PREPARATION

Preheat oven to 450 degrees

FOR THE SAUCE

1. Slice 4 plums (skin on) into ½ inch slices (reserve 1 sliced plum)
2. Pour Olive Oil into a sauté pan
3. Sauté 3 sliced plums over medium-high heat for 2-4 minutes (until plums begin to soften)
4. Stir and continue to cook until mixture begins to thicken (about 4-6 minutes)
5. Stir in remaining sliced plum
6. Remove from heat

FOR THE DUCK

1. Lightly brush entire duck breast with mustard and ground black pepper
2. Place breasts, skin side up, on a cookie sheet with sides
3. Place cookie sheet in oven
4. Roast breasts for 8-10 minutes, without turning (internal temperature 150-160 degrees)
5. Let breasts sit 5 minutes before slicing

TO SERVE

1. Heat sauce and place on a serving platter
2. Slice duck breasts and arrange over the plum sauce
3. Garnish with sliced lemon

Serve with fresh sweet corn, sautéed spinach and a salad... AND, of course, Fiddlehead Pinot Noir!

Cheers!

Kathy Joseph
Winemaker