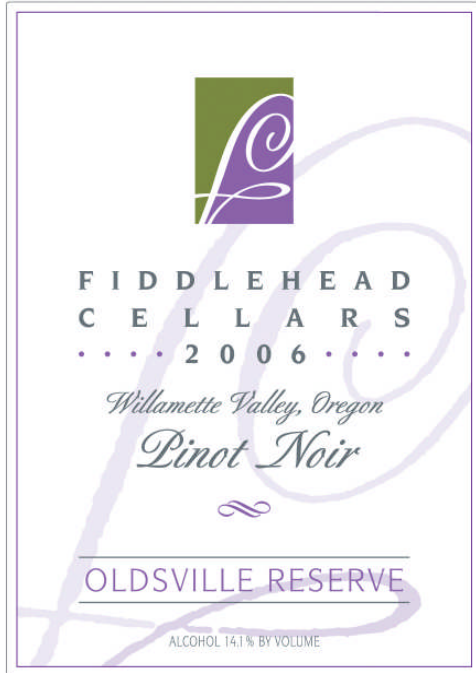


FROM BABETTE'S KITCHEN

Great with Fiddlehead Cellars Sauvignon Blanc and Oregon Pinot Noir

GLAZED DUCK BREAST WITH MANGO SAUCE (serves 4)



INGREDIENTS

FOR THE SAUCE

- 3 large, ripe mangoes; peeled and sliced into ½ inch sections (keep 1 mango separate)
- 1 Tablespoon olive oil
- ½ large lemon, juiced
- ½ cup port wine
- 3 teaspoons fresh ginger, finely chopped
- ½ cup apple juice
- ½ teaspoon whole cloves (optional)

FOR THE DUCK

- 4 boneless duck breasts (skin on if possible)
- Salt and freshly ground black pepper to taste

FOR THE GLAZE

- ½ cup honey
- ½ cup balsamic vinegar
- ½ large lemon, juiced

- 1 large orange, thinly sliced, for garnish

PREPARATION

Preheat oven to 450 degrees

FOR THE SAUCE

1. Purée 1 sliced mango in a blender
2. Pour olive oil into a sauté pan
3. Add remaining mango slices to pan
4. Sauté mango over medium-high heat, stirring until edges of mango slices are browned (3-4 minutes)
5. Reduce heat to medium
6. Add pureed mango slices, lemon juice, port, ginger, apple juice and cloves (if desired)
7. Stir until mixture thickens (5-7 minutes)
8. Remove from heat

FOR THE GLAZE

1. Combine honey, balsamic vinegar and lemon juice in a saucepan
2. Heat to a boil and then simmer for 5 minutes, stirring occasionally

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FIDDLEHEAD CELLARS

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FOR THE DUCK

1. Lightly salt and pepper breasts
2. Baste with glaze
3. Place skin side up on a rack on a cookie sheet with sides
4. Roast 8-10 minutes, turning and basting every 2-3 minutes, ending skin side up for at least 2 minutes. Skin will be crisp. (Internal temperature should be 150-160 degrees.)
5. Let breasts sit for 5 minutes before slicing
6. Combine any remaining glaze with mango sauce and heat

TO SERVE

1. Slice duck breasts
2. Place mango sauce on a serving platter
3. Arrange duck breasts over sauce
4. Garnish with orange slices
5. Serve with your favorite Fiddlehead Sauvignon Blanc or Pinot Noir!

Cheers!

Kathy Joseph
Winemaker