

The CANYON VILLA

A LUXURIOUS AND INTIMATE INN

PAN SEARED DUCK BREAST with AGRO DOLCE, BALSAMIC SYRUP, SOFT POLENTA and MARKET VEGETABLES

PREPARATION:

2 Duck Breast, boneless, skin-on
Coarse salt, ground white pepper, unsalted butter, olive oil-as needed

Brussels sprouts, Cipollini onions, Green-top carrots

AGRO DOLCE:

1 cup orange juice
1/3 cup granulated sugar
2 tsp Champagne vinegar

In a small heavy-bottom saucepot, add the orange juice and sugar. Whisk to dissolve. Place pot over medium-low heat and bring to a gentle simmer. Whisk gently until sugar dissolves. Continue to simmer gently until reduced by half. Remove from flame and cool. Whisk Champagne vinegar into cooled liquid. Store the Agro Dolce covered in refrigerator for up to seven days. Serve sauce chilled or warmed with the duck breast. Notes: The color of the Agro Dolce will darken during the reduction process. If serving chilled, let sauce stand at room temperature for 10-15 minutes prior to serving. If consistency is too thick, add a small amount of water to achieve desired consistency.

BALSAMIC SYRUP:

1 tsp unsalted butter
1/2 shallot-minced
2 TB sugar
2 TB wine, preferably The Hedge by TH Estate Wines
3 TB Balsamic vinegar
1/2 tsp ground cinnamon
Pinch of salt

Combine ingredients and whisk in a small saucepan; bring to a boil over medium-high heat. Reduce heat to low and simmer until reduce to a syrup consistency (5-7 minutes). Monitor carefully as to not scorch or burn the syrup while it is reducing. Store the Balsamic Syrup covered for up to seven days. It will thicken as it cools.

POLENTA:

1 ½ cup chicken stock, dried porcini mushroom broth or water
1 cup heavy cream, milk or half and half
½ cup polenta
¼ cup freshly grated Parmigiano-Reggiano cheese
1 TB unsalted butter
Freshly Grated Nutmeg, Salt & Pepper to Taste
Torn basil or flat-leaf parsley-as desired

Place the stock and the cream in a heavy-bottom saucepot over medium heat and bring to a boil. Slowly pour the polenta into the hot liquid, stirring briskly to prevent clumping. Reduce the heat to low and cook, whisking constantly, for about 10 minutes, or until the liquid is absorbed. Add the cheese, butter and seasonings, stirring gently until incorporated. Add the basil or parsley just prior to plating.

FINAL PREPARATION AND ASSEMBLY:

Prepare the Agro Dolce and Balsamic Syrup and reserve until ready to use.

Prepare vegetables as desired: roasted, blanched, pan-sautéed or a combination of all three methods. Season the vegetables with salt and ground white pepper and keep warm.

Prepare polenta and keep warm.

Score the duck breast skin taking care not to cut the meat. Season the duck with salt and ground white pepper. Let stand for five minutes. Meanwhile, heat a non-stick pan on medium heat. Place the duck, skin side down and cook for seven-ten minutes. Drain excess fat from pan and carefully turn breast over to meat side. Add a nugget of butter, and as it melts, spoon it over the skin of the duck. Continue cooking for five minutes. Remove breast from pan and place on paper towel, blotting gently. Let rest for four minutes.

Place polenta in center of warmed plate. Cut the duck breast in half on a bias, blot, and place on polenta. Surround with vegetables in a dynamically pleasing manner. Sauce the dish with the Agro Dolce and Balsamic syrup. Garnish with fresh herbs.