

Willamette Valley Duck

with Pomegranate and Cherry Sauce

Experience the exquisite flavors of the Willamette Valley with this elegant duck dish. The duck is perfectly seared and served with a rich, tangy sauce made from Dewy Cherry and Pomegranate Grove teas. Accompanied by a fresh cherry and pomegranate chutney, this meal is a delightful balance of sweet and savory. Complemented by two side dishes—roasted Brussels sprouts and wild rice pilaf—this meal promises a gourmet dining experience.

PREP TIME: 40 minutes

COOK TIME: 1 hour

DUCK AND SAUCE:

4 duck breasts
Salt and pepper to taste
1 T olive oil
1/2 C pomegranate juice
1/4 C chicken stock
1 T Dewy Cherry tea (Adagio.com),
brewed and cooled

1 T Pomegranate Grove tea
(Adagio.com), brewed and cooled
1 T honey
1 † fresh thyme, chopped
1 † balsamic vinegar
1/2 C fresh pomegranate seeds

CHERRY AND POMEGRANATE CHUTNEY:

1 C fresh cherries, pitted and chopped
1/2 C pomegranate seeds
1/4 C pomegranate juice
1/4 C red wine vinegar
1/4 C brown sugar
1 small onion, finely chopped

1 clove garlic, minced
1 T fresh ginger, minced
1/2 † ground cinnamon
1/4 † ground cloves
Salt to taste

ROASTED BRUSSELS SPROUTS:

1 lb Brussels sprouts, trimmed and halved
2 T olive oil

Salt and pepper to taste
1/4 C balsamic glaze

WILD RICE PILAF:

1 C wild rice
2 C chicken broth
1/2 C chopped pecans
1/2 C dried cranberries

1/4 C chopped green onions
1 T butter
Salt to taste

PREPARE THE DUCK AND SAUCE: Score the skin of the duck breasts in a crosshatch pattern, being careful not to cut into the meat. Season the duck breasts with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Place the duck breasts skin-side down in the skillet and cook for 6-8 minutes, until the skin is crispy and golden brown. Flip

the duck breasts and cook for another 3-4 minutes, or until the internal temperature reaches 135°F for medium-rare. Remove the duck from the skillet and let it rest. In the same skillet, add pomegranate juice, chicken stock, Dewy Cherry tea, Pomegranate Grove tea, honey, thyme, and balsamic vinegar. Bring to a simmer and cook for 5-7 minutes, until the sauce has reduced and thickened. Stir in the fresh pomegranate seeds.

PREPARE THE CHERRY AND POMEGRANATE CHUTNEY: In a medium saucepan, combine cherries, pomegranate seeds, pomegranate juice, red wine vinegar, brown sugar, onion, garlic, ginger, cinnamon, and cloves. Bring to a boil, then reduce heat and simmer for 30-40 minutes, until the chutney is thickened. Season with salt to taste.

PREPARE THE ROASTED BRUSSELS SPROUTS: Preheat the oven to 400°F. Toss the Brussels sprouts with olive oil, salt, and pepper. Spread them out on a baking sheet and roast for 20-25 minutes, until golden brown and crispy. Drizzle with balsamic glaze before serving.

PREPARE THE WILD RICE PILAF: Rinse the wild rice under cold water. In a medium saucepan, bring chicken broth to a boil. Add the wild rice, reduce heat to low, cover, and simmer for 45-50 minutes, until the rice is tender, and the liquid is absorbed. Stir in the chopped pecans, dried cranberries, green onions, and butter. Season with salt to taste.