

# Crispy Roast Duck Breast with Braised Fennel

Pair with Harney Lane's Lizzy James Old Vine Zinfandel



## Duck Ingredients:

2 duck breasts

Salt and pepper, to taste

## Fennel Ingredients:

2 fennel bulbs with fronds

1/8 tsp black pepper

(sometimes called anise; 10 to 12 oz each)

1/2 c duck stock or water

1 1/2 Tbsp extra-virgin olive oil

1/4 tsp salt

Vinegar, shallot, parsley, and olive oil, to taste

## Directions:

**Duck:** Preheat oven to 250°F. Score skin of each breast in a criss-cross pattern, without cutting into the flesh. Lightly salt and pepper each breast. Cook, skin side down, over low heat in an oven safe pan. When duck fat starts melting, gradually turn heat to medium-high. Once sizzling, set timer for 5 mins. Do not disturb during this time. If skillet begins to fill with fat, tip the pan and spoon excess out carefully.

Flip breasts and cook for an additional 2 mins. Place duck skin side up in oven and roast 5-8 mins, depending on thickness and desired doneness (medium rare is ideal). Remove from oven and cover with foil. Let sit for up to 10 minutes. Slice thin pieces and serve with fennel.

**Fennel:** Cut and discard stalks from fennel bulbs, reserving fronds. Chop 1 tbsp fronds and set aside. Cut bulbs lengthwise into 1/2-inch thick slices, leaving core intact. Heat oil in a 12-inch heavy skillet over high heat until hot, but not smoking. Brown fennel slices well, turning once, 3-4 mins total. Reduce heat to low. Sprinkle with salt and pepper, then add duck stock or water. Cook, covered, until tender, 10-12 mins. Sprinkle with fennel fronds, toss with a little red wine vinegar, shallot, parsley, and olive oil and serve with duck breast.

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