

BRAISED DUCK LEG

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2005 FLYING HORSE CABERNET SAUVIGNON

SERVES: 6

INGREDIENTS:

2 teaspoons salt
2 cloves garlic
Leaves only from 3 thyme sprigs
Pinch of red chile flakes
6 duck legs
1 bay leaf
3 tablespoons extra virgin olive oil
1 large onion, diced
1 carrot, diced
2 slices peeled fresh ginger (¼ inch thick)
2 to 3 cups dry red wine
1 cup peeled, seeded, and diced tomatoes
½ bunch parsley
½ bunch thyme
3 to 4 cups chicken stock or water
Salt
1 to 2 tablespoons butter

METHOD:

Crush the salt, garlic, thyme pepper and chile flakes together with a mortar and pestle. Rub each duck leg on the meat side with the spice mixture and combine with the bay leaf in a covered container. Marinate in the refrigerator overnight.

Heat the olive oil in a large, heavy pot over high heat. Add the duck legs skin side down and sear until nicely browned. Turn the duck legs over and sear on the other side until browned. This should take 10 to 20 minutes in all. Transfer the duck legs to a platter. Pour off all but about 3 tablespoons of the fat, add the onion, carrot, and ginger and cook over high heat for 8 to 10 minutes, stirring frequently, until browned and tender. Add the red wine, tomatoes, parsley, and thyme and bring to a boil. Lower the heat to a simmer and cook until reduced by half.

Return the duck legs to the pot and add stock to cover. Bring to a boil, skim off any visible fat from the surface, and reduce to a simmer. Cover and cook for 20 to 30 minutes, until very tender.

Remove the duck legs once again, strain the cooking liquid through a sieve, and return the liquid to the pot. Bring the liquid to a boil, skimming off the excess fat, and reduce it to the desired consistency for a sauce. Taste and add salt as needed. Stir in butter to taste to finish the sauce.

Put the duck legs on individual plates or all on a platter. Spoon some of the sauce over and pass the rest at the table.