

Five-spiced duck breast with honey soy mirin

Enjoy with 2015 Levantine Hill Melissa's Paddock Syrah

Serves 4

Chef's Notes

You may typically associate duck with Pinot Noir, however the savoury notes in our cool-climate Melissa's Paddock Syrah pair perfectly to this dish. It offers us complexity and texture that match deliciously to this punchy but sweetly spiced duck.

Ingredients

For the honey soy mirin sauce:

- 200ml mirin
- 80ml rice wine vinegar
- 30ml soy sauce
- 30g miso paste
- 1 Tbsp honey

For the duck:

- 4 boneless duck breasts, skin-on
- 1 Tbsp ground five-spice mix
- Pinch of salt

For serving:

- Steamed baby bok choy
- Thinly sliced spring onion

Method:

1. For the sauce, flame your mirin by setting light to it in a pan. Take off the heat, and whisk in remaining ingredients. Allow to cool.
2. Score the skin of the duck breasts with a very sharp knife, being careful not to cut through to the meat. Dust both sides with the ground five-spice and salt.
3. Heat a frying pan over a low-medium heat and place the duck breasts in the pan skin-side down. Allow the fat to render out. Cook for 3 minutes on the skin, then flip over and cook for 1 minute. Repeat this process 3 more times. Remove from the pan and allow to rest for 7 minutes.

To Finish:

After resting, carve the duck breast into thin slices and serve in the warm sauce with some steamed baby bok choy, thinly sliced spring onion, a crack of black pepper, and a generous glass of Melissa's Paddock Syrah.