

# Duck breast fillets with pears in wine sauce

## Ingredients: (serve 6)

- 3 duck breast fillets (Magret) of 450g/15.84oz each
  - 6 ripe William pears
  - 3 dl veal stock
  - 120g/4.23oz butter
  - Salt and pepper
- ## Syrup for the pears:
- 1 bottle Bordeaux red
  - 150g/5.29oz sugar
  - 5g/0.17oz cinnamon
  - 1 orange
  - 10 grains of peppercorn
  - 2 cloves

**Preparation time:** 1 h

**Cooking time:** 1 h

## Preparation

Peel and remove the stem from the pears.

Remove the core (from the base) and poach for 15 to 30 minutes (depending on ripeness) in the syrup, then leave to cool with the syrup.

## Sauce:

Simmer 4 dl of the syrup in a saucepan until it has reduced by half. Add the veal stock and reduce again to the desired thickness. Season and sieve before whisking in the butter. Check the seasoning.

If the sauce is too thick, add a little more syrup.

## Cooking the duck:

Remove a thin layer of fat on the skin side and any nerves on the fleshy side. Season the magret fillets and cook them to your taste in a boiling hot frying pan without adding any fat. Cook on the skin side first.

Warm the pears 10 minutes with the syrup in a dish on the hob or in the oven at 120°C (250°F).

## Presentation

Pour the sauce in the centre. Place the pear at the top of the plate.

Lay half of a duck fillet at the bottom of each plate, sliced and fanned out.



«My favorite wine:  
Médoc, full-bodied and spicy»

## TASTING NOTES

Intense nose of blackcurrant aromas. Concentrated on the palate with an oaky finish.



My cheese selection  
SAINT-NECTAIRE

FRANCE - AUVERGNE COW