



Big, bold and tres bon with lamb.

CALVET SAINT-EMILION

A full bodied wine with cassis, vanilla and mint aromas, dried black cherry flavours and fine tannins on the finish. Try it with braised lamb or smoked duck breast.

\$17.80

750

LCBO 31898

FRANCOIS SAYS:

"The dried cherry flavours that grace this wine are a perfect partner to this colourful duck recipe. The minty undercurrent of this smooth Bordeaux echoes the mint infused in the beets."



Roasted Duck Breast with Beets, Mint and Oyster Mushrooms

BY LUCY WAVERMAN

If you can find them, candy-striped or orange baby beets are a delightful colour on the plate. If the duck breasts are large use only 2 or 3, slicing and dividing them amongst the 4 plates. If baby beets are unavailable use 2 large ones and cut into quarters or eighths. Serves 4.

- 12 baby beets**
- 2 tbsp (25 mL) sugar**
- 12 mint leaves**
- ¼ cup (50 mL) extra-virgin olive oil**
- 2 tbsp (25 mL) balsamic vinegar**
- 2 tbsp (25 mL) butter**
- 8 oz (250 g) oyster mushrooms**
- Sea salt and freshly ground black pepper**
- 4 duck breasts, about 8 oz (250 g) each**

- 1.** Place beets and sugar in a pot and cover with water. Simmer until tender (the time will vary from 20-50 minutes, depending on the size of the beets). Drain.
- 2.** Rub off beet skins and cut into halves. Place in a bowl.
- 3.** Tear mint leaves and add to beets. Add the oil and balsamic then toss.
- 4.** Heat butter in a pan over high heat. Add mushrooms and sauté for 2 minutes.
- 5.** Add warm mushrooms to the bowl of beets and mix. Season with the salt and pepper. Keep warm or leave at room temperature, depending on your preference.
- 6.** Remove any fat from duck breasts and score skin at 1-inch (2.5-cm) intervals. Heat a heavy-bottomed pan over medium heat and add the duck breasts fat-side down. Cook for about 5 minutes or until skin is crisp and fat is rendered. Discard fat and turn breasts over. Cook another 3 minutes or until medium rare.
- 7.** Let duck rest in a warm place for a few minutes.
- 8.** Divide the beet and mushroom salad amongst 4 plates. Slice the duck breast and place on top.