



August 2019

## Crisp-Tender Roast Duck with Cherry-Rosemary Sauce

Pairing: 2016 Blair Estate Pinot Noir Delfina's Vineyard, Arroyo Seco, California

Serves 4 entrée portions

### Ingredients:

- One 5-pound Pekin (aka Long Island) duck
- Kosher salt and freshly ground pepper
- 1 shallot, peeled and chopped
- 3 cloves garlic, chopped
- 1 cup cherries, halved and pitted
- 1/2 cup chicken stock, preferably homemade, or low sodium store bought
- 2 tablespoons cherry preserves
- 2 teaspoons honey
- 1 teaspoon fresh rosemary leaves, chopped
- 2 tablespoons fresh lemon juice
- 1 tablespoon unsalted butter



### Directions:

1. Preheat the oven to 300 degrees F.
2. Rinse the duck inside and out and pat dry. Trim any excess fat, snip off wingtips and discard. Mix 1 tablespoon salt and 1/2 teaspoon pepper in a small bowl and sprinkle the bird inside and out. Using a paring knife, make dozens of slits through the skin and fat (taking care not to pierce the meat) all over both sides and all parts of the bird.
3. Put the duck breast-side up on a rack in a roasting pan and roast for 1 hour. Take the bird out of the oven, transfer to a platter, and carefully drain the fat from the pan into a measuring cup (you'll end up getting 2 to 3 cups). Return the duck to the pan, prick with the knife again, turn it breast-side down and roast another hour. Repeat each hour, roasting the duck for a total of 4 1/2 hours.
4. While the duck cooks, make the sauce: In a small saucepan, heat 1 tablespoon duck fat over medium heat and cook the shallots until soft, about 4 minutes. Add the garlic and cook until fragrant, 1 minute. Add the cherries, stock, preserves, honey and rosemary, and simmer until slightly thickened, about 10 minutes. Remove from the heat, add the lemon juice, swirl in the butter and taste for salt and pepper. Set aside until the duck is finished.
5. After 4 1/2 hours of roasting, turn the oven temperature up to 350 degrees F, prick the duck skin one last time, salt the skin again and return bird to the oven, breast-side up. Roast for 30 minutes until the skin is nicely browned.

Image and Recipe By: <https://www.foodnetwork.com/recipes/ted-allen/crisp-tender-roast-duck-with-cherry-rosemary-sauce-recipe-2120605>



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## Simple Grilled Lamb Chops

**Pairing:** Halcon Vineyards Petite Sirah, Yorkville Highlands, California

**Serves 6 entrée portions**

### Ingredients:

- *1/4 cup distilled white vinegar*
- *2 teaspoons salt*
- *1/2 teaspoon black pepper*
- *1 tablespoon minced garlic*
- *1 onion, thinly sliced*
- *2 tablespoons olive oil*
- *2 pounds lamb chops*



### Directions:

1. Mix together the vinegar, salt, pepper, garlic, onion, and olive oil in a large resealable bag until the salt has dissolved. Add lamb, toss until coated, and marinate in refrigerator for 2 hours.
2. Preheat an outdoor grill for medium-high heat.
3. Remove lamb from the marinade and leave any onions on that stick to the meat. Discard any remaining marinade. Wrap the exposed ends of the bones with aluminum foil to keep them from burning. Grill to desired doneness, about 3 minutes per side for medium. The chops may also be broiled in the oven for about 5 minutes per side for medium.

**Recipe By:** <https://www.allrecipes.com/recipe/137917/simple-grilled-lamb-chops/print/?recipeType=Recipe&servings=6&isMetric=false>



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## Santa Maria Style Tri-Tip

**Pairing:** 2014 Jonata Todos Red, Santa Ynez Valley, California

**Serves 5 - 8 entrée portions**

Ingredients:

- 1 tri-tip roast, also known as triangle steak, a bottom sirloin cut (anywhere from 2 1/2 pounds to 4 pounds), look for one well-marbled with fat

For the Santa Maria Rub (covers up to a 4 lb tri-tip)

- 1 Tbsp Kosher salt
- 1 Tbsp finely ground black pepper
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 teaspoon cayenne
- 1 Tbsp dried oregano
- 1 teaspoon dry rosemary (or fresh, finely minced)
- 1/2 teaspoon dry sage



### Directions:

1. Mix the rub ingredients together in a bowl.
2. Place the roast in a roasting pan or a baking pan with edges.
3. Sprinkle the rub on the meat on all sides, and massage the rub into the meat.
4. Cover and let sit at room temp for an hour to allow the rub to work its magic on the roast.
5. Prepare your grill for hot direct heat on one side, and indirect heat on the other.
6. Sear the roast on all sides, 3-4 minutes per side. Keep moving the tri-tip away from the flame if flare-ups occur.
7. Move roast to cool side of grill, fat side up.
8. If you are using a gas grill with a top rack, I recommend placing the roast on that rack, with an aluminum tray on the bottom rack underneath to catch the fat drippings.
9. Try to maintain a grill temperature of 250°F to 300°F.
10. Cover the grill and cook until the interior temperature of the tri-tip reaches 120°F for a rare roast, 130°F for medium-rare and 140°F for medium.
11. At this point the meat will take anywhere from 20 to 40 minutes to cook, depending on how hot your grill is, how well done you want it, and the size of the cut.
12. Note that the interior temperature will continue to rise at least 5°F after you take the roast off the heat.
13. Tent roast with foil to let it rest: Once the roast reaches temperature, remove it from the grill and let it rest, loosely tented with foil, for 10-15 minutes.
14. Slice across the grain to serve.

**Image and Recipe By:**

[https://www.simplyrecipes.com/recipes/santa\\_maria\\_style\\_tri\\_tip/print/](https://www.simplyrecipes.com/recipes/santa_maria_style_tri_tip/print/)