



Braised Duck and Onion Pasta

Serve with Poplar Grove Syrah Benchmark

Developed by **Executive Chef, Stacy Johnston & Chef de Cuisine, Minette Lotz**

The Restaurant at Poplar Grove Winery

We like to define our style of food as ‘thoughtful food.’ Our creative process begins primarily by looking at our farmers. Thinking about what is in season, what is at its peak and what will work harmoniously together on the plate. To complement our farmers, we like to add touches of what we can forage with our own hands. Our belief of ‘what grows together, goes together’ pushes us to work within the seasons of the Okanagan. Inspired by these ingredients we consider how best to prepare them to keep true to the flavor and place. Being respectful of the work that brought the ingredients to our kitchen, we strive to use every piece and look at our food holistically.

There’s just something about duck and red wine. Especially braised duck legs and our Benchmark wines that I think go so well together. This pasta dish isn’t for the faint of heart- it’s rich, delicious and needs the splash of the acidity from the Benchmark to really make it sing. If you’re feeling especially extra, feel free to swap the duck in this recipe for Lamb shoulder, another excellent, rich meat that compliments the wine!

Poplar Grove Winery

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Poplar Grove

Method

Serve with Poplar Grove Benchmark

Serves 2

Braised Duck and Onion Pasta

Braised Duck:

- 2 duck legs
- Salt and pepper to taste
- 2 tablespoons olive oil
- 2 medium carrots, chopped
- 2 onions, finely chopped
- 2 cloves garlic, minced
- 1 celery stalk, finely chopped
- 1 cup red wine
- 2 cups chicken or vegetable broth
- 2 sprigs fresh thyme
- 1 bay leaf

Pasta:

- 8 ounces pasta (such as fettuccine or pappardelle)
- Salt for boiling water

Serving:

- Grated Parmesan cheese
- Chopped fresh parsley

Prepare the Duck: Pat the duck legs dry with paper towels and season them generously with salt and pepper. In a large skillet or Dutch oven, heat the olive oil over medium-high heat. Add the duck legs and cook until golden brown on all sides, about 5 minutes per side. Remove the duck legs from the skillet and set aside.

Sauté the Aromatics: In the same skillet, add the chopped onion, garlic, carrot, and celery. Sauté until the vegetables are softened and lightly browned, about 5 minutes.

Deglaze the Pan: Pour in the red wine and use a wooden spoon to scrape up any browned bits from the bottom of the skillet. Allow the wine to simmer for 2-3 minutes to reduce slightly.

Braise the Duck: Return the duck legs to the skillet along with the chicken or vegetable broth, thyme sprigs, and bay leaf. Bring the liquid to a simmer, then reduce the heat to low. Cover the skillet and let the duck braise gently for 1.5 to 2 hours, or until the meat is tender and easily falls off the bone.

Shred the Duck: Once the duck is tender, remove it and the bay leaf from the skillet. Discard the bay leaf and let the duck cool slightly. Discard the skin and bones, then shred the duck meat using two forks. Return the shredded duck meat to the skillet and keep warm.

Cook the Pasta: Meanwhile, bring a large pot of salted water to a boil. Cook the pasta until al dente. Drain the pasta, reserving 1/2 cup of the pasta cooking water.

Combine Duck and Pasta: Add the cooked pasta to the skillet with the shredded duck, braising sauce and vegetables. Toss well to combine, adding a splash of the reserved pasta cooking water if needed to loosen the sauce.

To serve: Divide the braised duck and onion pasta among serving plates. Garnish generously with grated Parmesan cheese and chopped fresh parsley. Serve hot and enjoy!