



LAKEWOOD

VINEYARDS

COOK + CORK - Episode #3 - 3Generations Riesling

Roast Duck Over Hearty Salad with Sweet and Sour Orange Sauce

Roast duck ingredients:

- 1 whole duck
- 1 lemon, quartered
- 1 orange, quartered
- 1 onion, quartered
- Small bag of baby Yukon gold potatoes, washed and chopped into 1 inch pieces
- 1 lb. carrots
- Bag of wasabi microgreens
- Salt and pepper to taste

Preheat the oven to 400F. Rinse and chop carrots into 1 inch pieces, toss with diced baby Yukon gold potatoes and wasabi microgreens, toss with olive oil and salt and pepper. Add to the base of the roasting pan. Stuff the duck with orange, lemon, and onion. Rub the skin with olive oil and season with salt and pepper and wasabi microgreens. Roast at 400 for one hour until the skin is golden. (Thigh should register 165.)

While the duck is roasting, prepare the salad.

Salad ingredients:

- 4 cups of spring greens
- 2 sliced radishes
- 4 oz. crumbled feta cheese
- ½ cup chopped celery
- Mandarin orange segments from 3 mandarins
- 1 can of black olives, drained and sliced
- Juice of ½ lemon
- Splash of 3Generations Riesling
- 2 tablespoons olive oil

Add spring greens, radishes, feta cheese, celery, mandarin oranges, black olives to a big salad bowl. When the duck is finished roasting, add in the crispy root vegetables from the bottom of the roasting pan. Toss all ingredients and dress with lemon juice, olive oil and a splash of 3Generations Riesling.

Sweet and sour orange sauce:

- 3 oranges, juiced
- 1 lemon, juiced
- 2 tablespoons sugar
- ½ teaspoon cornstarch
- 1 teaspoon butter
- ½ teaspoon orange zest

In a small saucepan, combine the sugar, cornstarch and zest. Stir in orange and lemon juice until smooth. Bring to a boil; cook and stir for 1-2 minutes or until thickened to a syrup consistency. Remove from the heat; whisk in butter.

Plate salads and top with sliced roast duck and drizzle with sweet and sour orange sauce.