



## *The Ladies Wine and Food Society of Melbourne (Inc.)*

REG. No. A0022942F

### **Luv-a-Duck Cooking Class & Single Bottle Night 19 July 2023**

Food Master - Jennifer Pullar   Wine Master - Janne Williams

Every year we include a cooking class and a single bottle function on our calendar. Both are usually small events and for that reason we tend to hold them in the winter months. This year we decided to combine them.

#### **Duck and wine go hand in hand.**

Why pair duck with wine? A great food and wine pairing creates a balance between the components of a dish and the characteristics of a wine. As with many fine meals, excellence in one part can highlight excellence in the other. That's why duck and wine go hand in hand. They are superb on their own and exceptional together.

Duck is considered a dark meat and as such has a stronger, gamier flavour profile. Yet it is still poultry, and this means duck is tender, delicate and can take its taste from the manner in which it's cooked. In addition, duck is richer and slightly fattier than chicken, which makes it even more versatile with wine pairing.

#### **Duck and Pinot Noir**

Duck is a fatty meat that tends to need a wine with some sharpness and acidity to cut through and some ripe fruit to contrast with the rich flesh. Duck and Pinot Noir is a classic pairing because both offer moderate intensity, with Pinot Noir's acidity balancing out the fattiness of duck. Since duck often cooks well with fruit, the fruity notes in Pinot couldn't be a better match. Although Pinot Noir is recommended as a pairing for duck, like any other meat, duck can be cooked in different ways taking on the flavour of a sauce or spice much like chicken does. How does that affect the match?

**Janne's mission** - to utilise the single bottles in our cellar to show other wines to pair with duck.

We gathered at the Luv-a-Duck showroom and kitchen at 6pm. Wendy started the evening showing us how to prepare a whole duck for roasting and then breaking down the duck into different parts; legs, breast, wings and neck. We then sampled some roast duck she prepared earlier (roast duck is definitely going to be on my table this Xmas) whilst getting ready to prepare our dishes. Working in pairs, each pair had 2 dishes to produce over the course of the evening.

Roasting the duck gives you crispy skin and tends to bring out the deep gamey flavours, the fatty meat keeping it deliciously moist. Whilst we didn't have this with a wine you could imagine, thanks to the moderate tannins, acidity and earthy, fruity and herbal notes of a



pinot, why roast duck would pair beautifully with a Red Burgundy or new world Pinot Noir. The other wine that would pair with roast duck is a Barolo. Although this red wine has stronger tannins, it has high enough acidity to balance out the fattiness in the dish. Barolo also reveals a subtle earthiness that works well with roasted duck.

Wendy's tip for crispy skin- refrigerate the duck uncovered for 48hours before roasting

### **The Entree:**

#### **Confit Duck & Caramelised Onion Tartlets**

##### ***Penfolds St Henri Shiraz 2004***

Softened tannins and acid due to it's age. Still showing some fruit on the nose of sour cherries, plum, dark stewed/dried fruits, also secondary characteristics cassis, liquorice and tobacco, were enhanced by the subtle sweetness of the onion with the balsamic glaze & orange marmalade. Still enough acidity to cope with the fattiness of the duck confit. This was a good match.



#### **Smoked Duck and Feta Quiche**

##### ***Domaine Besson Chablis 1er Cru "Mont de Milieu" 2014***

Lemon zest, faint nuttiness and good acidity on the palate to cope with the creaminess of this quiche.



The Chablis was also a good match with the duck & caramelised onion tart. If you were to serve 1 wine varietal with these entrees it would be hard to go wrong with a good Chardonnay.

### **Main Course Buffet:**

- Apricot & Almond Duck Neck Stuffing
- Vietnamese Braised Duck Legs in spiced orange juice
- Warm Alfresco Duck Salad
- Duck Breast with Plums & Quince Paste
- Duck Breast with Cherry & Port Sauce
- Mauritian Duck Legs
- Duck Fat Roast Potatoes



## **Janne's wine selections:**

### ***Domaine Zind-Humbrecht Gewurtztraminer Grand Cru "Hengst" 2012***

Challenging and polarising. Janne chose this wine to pair with the spicier dishes but somehow it didn't seem to work with the Vietnamese Braised Duck Legs in spiced orange juice, slightly better with the Mauritian Duck Legs. I actually liked it with the Apricot & Almond Duck Neck Stuffing.

Possibly it was too rich and unctuous. The complex bouquet showed stewed apricots, apricot syrup, spicy notes of ground pepper and Cardamom. It had good acidity and a pithy bitterness on the palate which is probably why it didn't work so well with the heat & spiciness of the 2 braised duck leg dishes. An off dry Riesling would possibly have been a better pairing for the Vietnamese Braised Duck Legs.

### ***Yeringberg Cabernets 2010***

A refined cool climate Cabernet blend, soft tannins and acid, gentle red berries, some tobacco leaf, and cassis with a hint of spice. Worked well with the duck breasts and some of the members liked it with the Mauritian Duck Legs.

### ***Bindi Wine Growers Original Vineyard Pinot Noir 2010***

Medium bodied savoury palate with nice acidity. Still showing some cherry & spice on the nose despite it's age. Worked well with the duck breasts and some of the members liked it with the Mauritian Duck Legs.

### ***Penfolds St Henri Shiraz 2004***

Softened tannins and acid due to it's age. Still showing some fruit on the nose of sour cherries, plum, dark stewed/dried fruits, also secondary characteristics cassis, liquorice and tobacco. Worked well with the duck breasts probably because of it's age.

Pan-seared duck breasts offer a lighter taste than other styles of cooking, it doesn't have the high fat or richness of other duck dishes. That's why Pinot Noir makes such a good match. It has lower tannins so it won't overwhelm, but it also has good acidity to complement the fat that duck contains. Pan-seared duck can take on stronger flavours, but the flexibility of Pinot Noir means it can handle the change, but it also means that other wine varieties can be a good match.

One dish struggled with all the wine, that was the duck breast salad. Possibly an unoaked white, Riesling?

### **Dessert:**

Kahlua Dip with Fresh Strawberries - a refreshing finish



**NB: All the recipes can be found on the Luv-a-Duck website.**



## Menu

Apricot & Almond Duck Neck Stuffing  
Confit Duck & Caramelised Onion Tartlets  
Smoked Duck and Feta Quiche  
Braised Duck Legs  
Warm Alfresco Duck Salad  
Duck Breast with Plums & Quince Paste  
Duck Breast with Cherry & Port Sauce  
Mauritian Duck Legs  
Duck Fat Roast Potatoes  
Kahlua Dip with Fresh Strawberries

## Wines

Domaine Besson Chablis 1er Cru "Mont de Milieu" 2014  
Penfolds St Henri Shiraz 2004

Yeringberg Cabernets 2010  
Bindi Wine Growers Original Vineyard Pinot Noir 2010  
Domaine Zind-Humbrecht Gewurtztraminer Grand Cru "Hengst" 2012

