



Catalan recipe for this wine:
Tajine with apricots

Duck steaklets with figs

Serves 4

Preparation: 20 mn Cooking time: 10 mn



We recommend with this dish:

Côtes du Roussillon Cuvée Imo Pectore

INGREDIENTS

- 2 duck breasts (magrets) 400 g each
- 12 black figs
- 3 tablespoons acacia honey
- 1 tablespoons balsamico vinegar
- 20 g butter
- 1 teaspoons brown sugar
- 1/4 teaspoon cinnamon powder
- salt, pepper

PREPARATION AND COOKING

1. Preheat oven at 210°C(th. 7). Butter a heatproof dish.
2. Quarter the figs, align in dish and top with honey. Sprinkle 2 pinch sugar and 1 pinch cinnamon. Put into the oven and cook for 10 mn.
3. In the meantime cut in the skin of duck breasts.
4. Preheat a large pan and align the magrets with their greasy skin side down. Salt and pepper on meat side. Fry for 5 mn at medium heat, turn and let fry for 3 mn. Cut in steaklets, align on a plate, cover with aluminium foil to keep warm.
5. Throw away the fat and pour the juices coming from the magrets together with vinegar and

remaining honey. Put to boil, scratch the bottom of the pan so as to mix well with the gravy.

6. Give sauce over duck steaklets, add figs and serve while hot.

Tip: if you use dried figs, marinate them for 2 1/2 hours in water with 2 tablespoons rum or cognac.

"Bon Profit, Salut!"

-Bon appétit and Cheers !

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