

Duck Breast with Spiced Grape Reduction & Roasted Spaghetti Squash

thyme + cloves + peppercorn



Yield: 4 servings

Ingredients

Spaghetti squash:

2 lbs spaghetti squash (about 2 small squash)
Olive oil, to drizzle
Salt and pepper

Spiced grape reduction:

1 lb seedless red grapes
2 cups red wine
½ cup balsamic vinegar
½ cup brown sugar
10 cloves
½ teaspoon whole black peppercorns
3 sprigs thyme
2 tablespoons unsalted butter
Salt and pepper

Duck breast:

4 duck breasts
1 tablespoon oil
Salt and pepper

Directions

Spaghetti squash:

Preheat the oven to 400°F. Cut the spaghetti squash lengthwise and scoop out the seeds. Drizzle each half with olive oil to coat. Season the squash with a sprinkle of

salt and pepper. Roast the squash flesh side up on a baking sheet for about 1 hour, or until tender and slightly browned. Use a fork to gently scrape the squash out of the skins.

Spiced grape reduction:

Combine the wine, balsamic vinegar, brown sugar, cloves, peppercorns, and sprigs of thyme in a medium saucepan over medium-high heat. Bring the mixture to a boil. Add the grapes and reduce the heat to medium-low. Cook the grapes until they soften and just begin to burst, about 8 minutes. Strain the mixture. Transfer the liquid back to the pan and bring back to a boil. Reduce to a simmer and cook until the wine and vinegar have reduced and thickened. Turn off the heat. Stir in the butter and add the grapes back into the sauce. Season with salt and pepper to taste. Serve warm.

Duck breast:

Preheat the oven to 350°F. Pat the duck breasts with a paper towel to ensure they are completely dry. Season each side with salt and pepper. In a large sauté pan, heat the oil over medium-low heat. When the oil is hot, place the duck breasts in the pan skin side down. Cook for 8 minutes. Turn the breasts over and immediately transfer the pan to the oven for about another 8 minutes. Let the duck cool before slicing it.

To serve:

Serve the sliced duck breast on a bed of the roasted spaghetti squash. Spoon the spiced grape reduction over the top.