

## Wine Pairing: Winter Root Vegetable and Farro Risotto with Spiced Duck Leg Confit

*This recipe, provided by Chef Tom Fundaro of Villa Creek Restaurant in Paso Robles, was created especially to pair with the Mourvèdre. The richness of the spiced duck and the roasted sweetness of the root vegetables really enliven the fruit, spice and complexity of the wine. Serves 4.*

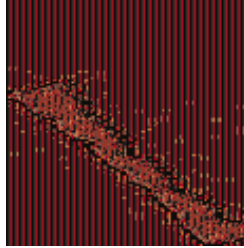
### Ingredients

4 duck legs  
1 quart rendered duck fat (or 2 cups olive oil and 2 cups vegetable oil)  
2 tbsp Spice Rub (see below)  
2 cups farro  
4 cups chicken or duck stock  
1 onion, diced  
2 cloves garlic, sliced  
1 carrot, peeled and diced in 1/2" pieces  
1 parsnip, peeled and diced 1/2" pieces  
1 turnip, peeled and diced 1/2" pieces  
1 rutabaga, peeled and diced 1/2" pieces  
Olive oil  
1 tsp chopped rosemary  
1 tsp chopped thyme  
1 tbsp chopped parsley  
1/2 cup grated pecorino cheese  
Salt and paper

### Spice Rub:

1 tsp salt  
1 tsp black pepper  
1 tsp ground fennel seed  
1 tsp ground coriander seed  
1/2 tsp red chile flake  
1 small pinch ground clove

Combine ingredients for Spice Rub. Season duck skin with spice rub, and let sit at room temperature for 1 hour.



Using a nonstick pan, sear seasoned duck legs skin side down over medium high heat until golden brown, about 10 minutes.

Add duck fat (or oil mix) until duck is covered. Cover with aluminum foil and lid, and bake at 300 degrees for 1 hour and 45 minutes. Meat should be almost falling off the bone.

Let duck legs stand at room temperature for 30 minutes.

Toss root vegetables with olive oil, salt and pepper, and place on cookie sheet. Bake for 40 minutes at 350 degrees, or until slightly soft and toasty around edges. Remove from oven and let cool.

Saute onion in olive oil at medium heat. Add garlic, and cook until golden. Add farro and coat with garlic and onion mix.

Add stock and bring to a boil. Reduce heat so stock is just simmering, and cover. Cook slowly until moisture has evaporated and farro is puffy and soft, but still a little chewy.

Remove from heat and add root vegetables, cheese, herbs, and 2 tbsp of olive oil.

When ready to serve, heat 1 tbsp of oil in a non stick frying pan until almost smoking. Add duck legs skin side down. Fry until crispy, then flip and let cook over low heat until warmed through. Top 1 cup of farro risotto with duck leg.