

SEARED DUCK BREAST & AMARENA CHERRIES

Mpls
St Paul

INGREDIENTS

DUCK BREASTS

4 each duck breasts (6-8 oz each)
2 T olive oil

FINGERLING SWEET POTATO COINS

8 each fingerling sweet potatoes
2 T olive oil
½ C rendered duck fat

HARICOTS VERTS

8 oz haricots verts
1 T butter

GREEN OIL

1/2 lb Italian parsley
1/2 C olive oil
1/2 t kosher salt

ASSEMBLY

4 each black mission figs
12 each canned amarena cherries
2 T syrup from the cherries
2 T green oil

For the green oil:

Blanch the Italian parsley for 2 seconds, squeezing as much water as possible out of the parsley. Cut the stems off, roughly chop the leaves, and puree with olive oil and salt. Pour the puree into a strainer that has been lined with damp cheesecloth and placed over a bowl. Let stand for 1 hour, discarding the solids in the cheesecloth.

For the duck breasts:

Season both sides of breasts with kosher salt and cracked black pepper.

Pour the olive oil into a large sauté pan, and move the pan around to coat the bottom. (The skin of the duck does contain quite a bit of fat, but adding a little oil helps get the cooking process started.) Lay the duck breasts in the pan, skin side down, and place the pan over medium-low heat, cooking the skin slowly so the fat renders out into the pan. Move the duck around every few minutes, lifting it to look underneath to be sure the breasts are cooking evenly. It will take 15-20 minutes for the fat to render out and the skin to become golden brown and crisp.

Flip the breasts over, and cook them on the other side for about 2 minutes more. Then remove them from the pan, and set them on a paper towel to rest for 5 to 7 minutes. Save the rendered fat.

Lay the breasts, skin side down, on a cutting board, and use a knife to cut thin slices, taking care not to cut all the way through the skin. The breast will fan open like an accordion, and you should have 12-14 slices on each duck breast.

For the Fingerling Sweet Potato Coins:

Preheat the oven to 250 degrees. Toss the fingerling potatoes with the olive oil to coat them, and then season them with salt and pepper. Lay the potatoes on a baking sheet, and roast them for about 30 minutes—or until they are cooked through but still firm. Remove the potatoes from the oven, and place them in the refrigerator to cool fully.

Slice the potatoes into thin rings, or “coins.” In a large sauté pan, heat the rendered duck fat over high heat until it begins to smoke. Add the fingerling coins, and fry them until they are golden brown and crisp, tossing them to fry both sides. Remove the potatoes from the pan, and drain them on a paper towel.

For the Haricots Verts:

Warm the haricots verts gently in a small pot with the butter, 1 tablespoon of water, and a bit of salt and pepper, moving them around in the pan periodically so they heat evenly. Cook them until they are bright green and just beginning to soften.

ASSEMBLY

Place the fried fingerling coins in a small pile in the center of each plate. Using a pair of tongs, gather the haricots verts so they are parallel, and place them on top of the fingerling coins.

Set a sliced duck breast across the haricots verts, with the skin side facing down. The duck should curl over the vegetables a bit, with the slices fanning open.

Cut each fig into quarters, put 4 pieces around the outside of each duck breast, and then add 3 amarena cherries. Using a squeeze bottle or a small spoon, drizzle a bit of cherry syrup and green oil over the duck breast and around the outside edge of the plate. Garnish the dish with a sprig of fresh thyme.

SERVES

4

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