



ROSH CHODESH CLUB
WITH CHEF GABE

DUCK BREAST

 Serves: 4

Ingredients

1 cup polenta

4 cups water

1 tsp salt

3 tbsp olive oil

2 tbsp margarine

2 duck breasts

2 tbsp quatre épices

7 figs

½ head of radicchio

¼ cup balsamic vinegar

¼ cup julienned shallot

6 stalks of broccoli leaves or rapini
or broccolini

6 de-shelled chestnuts

2 tbsp balsamic reduction

Parsley and tarragon



Directions

Prepare an 8 x 8 inch Pyrex or baking pan, by spraying it with nonstick spray. Pour the water and 1 tsp of salt into a medium size pot and bring to a boil. While whisking, slowly pour the polenta in to the water and cook until thick, around 5 to 8 minutes. Take off the stove and stir in the margarine and olive oil. Pour into the prepared pan and cover with a sheet of parchment. Place another pan on top with a weight to weigh it down, if possible, this will give the polenta cake an even top. Place in the fridge for around one hour to set.

Place the chestnuts on a pan and roast in a 350°F oven for 8 to 10 minutes until toasted. Once done set aside for later.



Score the skin side of the duck, making sure not to cut into the flesh. Season with salt and pepper and place, skin side down in a dry room temperature pan. Sprinkle the back of the duck with the quatre épices. Place the pan over a medium flame. Use a burger press or foil wrapped can, press down the duck, this will ensure an evenly crisp skin. Let the duck slowly cook and render its fat. After about 6 to 8 minutes check the duck to see if the skin has gotten crisp and golden brown. Flip the duck and continue cooking the breast until it has come to your desired temperature, 140°F for perfect medium rare duck, 150°F for medium, and 165°F for well done. Take the duck out of the pan and place in a warm spot to temp while the rest of the dish is completed. Pour out half of the rendered duck fat and save for later.

Take the set polenta out of the fridge and cut into 3 by 3 inch squares. Place the same pan back on the stove over a medium high flame. Fry the cakes on both sides until golden. Place on a paper towel to absorb the excess oil and save for later.

Cut the radicchio into wedges, keeping the core intact. Quarter the figs and julienne the shallots if not already done. Cut the broccoli leaves and stems into ribbons. Place the same pan, adding the reserved duck fat, over a medium high flame and bring to a simmer. Sauté the shallots for one to two minutes then add the radicchio and cook for another 3 minutes. Next, add the figs and continue to cook for another 2 minutes. Lastly add the broccoli and cook for 1 more minute. Deglaze with a ¼ cup of balsamic vinegar. Sprinkle with salt and pepper and sauté for another minute then remove from the stove and set aside.



Slice the warm duck into ¼ inch slices and chop the chestnuts.

To plate, spoon some of the fig radicchio sauté onto a plate. Place a fried polenta cake on top and arrange 3 slices of duck over it. Sprinkle the duck with some of the quatre épices spice mixture. Garnish with a drizzle of the balsamic reduction, some picked parsley and tarragon leaves, and the chopped chestnuts.