



*Les Marmitons*  
**NEW JERSEY**

*November 2020 Event*  
*Chef Andre Chabanel*

*Everything, but the quack - scaled for 12 people*

*1<sup>st</sup> Course Duck liver pate and duck heart tartar*

*2<sup>nd</sup> Course: Composed salad of wild greens, confit duck gizzards, chestnuts and lardons*

*3<sup>rd</sup> Course: Duo of duck leg confit and duck breast with orange sauce, duck fat roasted potatoes and green beans*

*Dessert: Duck egg and foie gras crème brulee*



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## 1<sup>st</sup> Course – Duck Liver Pate

**Serves 12**

|   |                                 |
|---|---------------------------------|
| Olive oil 4-6 Tablespoons               | Splash of brandy                |
| 3 Anchovy filets                        | 2T cream                        |
| 3 Tablespoons capers                    | 1 T Parsley chopped for garnish |
| 4 garlic cloves (3 smashed, 1 reserved) | 1 baguette sliced thin          |
| 1 lb trimmed duck livers                |                                 |

### Directions:

- 1) Add olive oil to a pan and saute anchovies, capers and smashed garlic – medium heat – just sweating garlic and dissolving anchovies.
- 2) Add duck livers and cook about 3-5 minutes – looking for pink middles. Remove livers to rest.
- 3) Add brandy to deglaze pan. Place pan juices and liver and cream in a food processor, process till smooth, taste and add salt, pepper. Add olive oil if too thick. Remove and cool.
- 4) Brush baguette slices with olive oil and rub with harved garlic clove and toast.
- 5) Serve pate on toast with small amount of parsley

Alternative – add a ½ pound of foie gras to pan for last minute and incorporate to make a duo.

### Onion Confit

|   |                        |
|---|------------------------|
| 2 T butter  | ¼ tsp salt             |
| 6 yellow onions chopped (sliced into rounds and then each round quartered so you have strips) | ¼ tsp pepper           |
| 1 T demerara sugar  | ½ tsp dried thyme      |
|   | 2 tsp balsamic vinegar |

### Directions

- 1) In a 350 degree oven or a large wide pan – melt butter, toss onion with sugar and saute stirring frequently till starts to turn golden
- 2) Add salt, pepper and thyme and continue to stir over a lower heat till soft. Add vinegar and cook further 5 minutes.
- 3) Cool and serve cold or at room temperature as a side for pate

## Duck heart tartare puttanesca

|  |                                     |
|--|-------------------------------------|
| <b>1 pound duck hearts</b>                                 | <b>1 T lemon juice</b>              |
| <b>1 small chili sliced very thin</b>                      | <b>1 T minced parsley</b>           |
| <b>1 1/2 T minced shallot</b>                              | <b>1 T minced mint</b>              |
| <b>1 1/2 T minced black nicoise olives</b>                 | <b>2-6 T good quality olive oil</b> |
| <b>2 T small capers</b>                                    | <b>Salt and pepper</b>              |
| <b>1tsp grated lemon zest</b>                              |                                     |
| <b>3 T roasted red peppers – chopped to size of capers</b> |                                     |

### Directions

- 1) Trim connective tissue from hearts. Work slowly and mince into uniform pieces size of capers. Put in a bowl.
- 2) Add everything from chile through red pepper in bowl with duck and toss.
- 3) When close to service add herbs, lemon huice and olive oil – season and serve at or just below room temperature
- 4) Serve in a Chinese spoon



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## **2nd course: Composed salad of duck gizzards, lardon and chestnuts**

### **Serves**

|  |  |
|--|--|
| <b>2 pound of duck gizzards</b>                | <b>2 cups roasted chestnut halves</b>                                |
| <b>8 oz duck fat</b>                           | <b>2 heads of frissee or a large container of mixed baby lettuce</b> |
| <b>1 pound high quality bacon or ventreche</b> | <b>½ cup red wine vinegar</b>  |

### **Directions**

- 1) Ahead of time trim the gizzards and leave overnight with salt pepper and some dried herbs. Next day rinse and vaccum with duck fat and cook sous vide at 170 for 6 hours. (the result should be very tender, if not, cook longer)
  - 2) Cut lardons from the bacon and crisp up (not super crispy, should still have bite)
  - 3) Make salad dressing with mustard, shallots, vinegar and olive oil – salt and pepper.
  - 4) Saute up the gizzards in some of the duck fat till warm and crispy, toss in the chestnuts warm through, add the lardons.
  - 5) Dress the salad and arrange on plates, scatter gizzards, bacon and chestnuts – serve
- Alternative – add a poached or sous vide egg



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### **3rd course: Duo of duck confit and duck breast with orange sauce**

**Serves 12**

|  |   |
|--|---|
| <b>12 duck leg confit (recipe follows)</b> | <b>6 T minced shallots</b>                      |
| <b>12 duck breasts (8 oz each)</b>         | <b>2 oz ginger root – rough chop</b>            |
| <b>¾ cup sugar</b>                         | <b>4 ½ cups chicken stock</b>                   |
| <b>6 T water</b>                           | <b>2 T brandy</b>                               |
| <b>6 T Sherry Vinegar</b>                  | <b>¾ cup unsalted butter – cubed and cold</b>   |
| <b>4 ½ Cups orange juice</b>               | <b>6 T orange zest – peeled and thin strips</b> |

#### **Directions**

- 1) Prepare the sauce – in saucepan boil sugar and water till get a golden caramel. Add sherry, shallots, ginger, orange juice and chicken stock – reduce to about 3 cups – strain.
- 2) Score the duck breast, season with salt and pepper and render fat skin side down over a low heat.
- 3) Put duck legs in the oven at 400 degrees – should take 20 minutes
- 4) Sear the duck breast till skin is golden, quick flip on flesh side aiming for 125 degrees. Allow to rest before carving.
- 5) Finish the sauce - add brandy and orange zest to sauce, cook for few minutes for alcohol to go; beat in butter – may not need it all. Check seasoning and keep warm till ready
- 6) Slice duck breast and place on plate with a leg, sides and orange sauce

# Duck Confit

**Serves 12**

|  |   |
|--|---|
| <b>3/8 cup kosher salt</b><br><b>3 tablespoons light brown sugar</b><br><b>3 bay leaves, broken into pieces</b><br><b>3 tablespoons chopped thyme</b><br><b>6 cups packed flat-leaf parsley leaves</b> | <b>1 1/2 teaspoons black peppercorns</b><br><b>12 8-ounce whole Pekin (Long Island) duck legs</b> |
|--|---|

## Directions

The duck legs are cured with an herbed salt, which contains a little brown sugar to balance the salt. This cure, along with the cooking and storing of the duck submerged in fat (protected from the harmful effects of oxygen and light), is what allows you to store it for so long.

Combine the salt, sugar, bay leaves, thyme, parsley, and peppercorns in a small food processor and process until well combined. Set aside.

Pull away and discard any excess fat from the duck legs.

With scissors, trim the excess skin near the bottom of the legs and around the edges, leaving at least a 1/4-inch overhang of skin.

It is important to know the weight of the duck legs when salting them, so that you do not oversalt them; the correct ratio is 2 tablespoons of herb salt to 1 pound of duck legs. Rub about 1 tablespoon herb salt over each leg, rubbing a little extra on the thicker parts and around the joint. Put the legs flesh side up in a single layer in a baking dish that holds them comfortably (use two if necessary), cover with plastic wrap, and refrigerate for 24 hours.

Position an oven rack in the center of the oven, put an oven thermometer on the rack, and preheat the oven to 190°F (it is important to check the heat from time to time while the legs cook to be certain that the oven maintains the proper temperature).

Rinse the legs well under cold water and dry thoroughly with paper towels. Layer the duck legs (no more than 2 deep) in a 9 to 10-inch heavy ovenproof pot with a lid.

Add enough melted duck fat to cover the legs and heat over medium heat just until the fat is warm.

Cover the pot, transfer to the oven, and cook for 8 to 10 hours.

Check a duck leg by carefully lifting it from the fat and piercing it with a paring knife: the meat should be meltingly tender. If necessary, return the duck to the oven for up to 2 hours longer, checking the legs frequently (if they cook for too long, they may fall apart when they are sautéed). Remove from the oven and let the duck cool in the fat.

Gently lift the legs from the fat and place in a storage container (see Note). Strain the fat over the legs (but not the juices, which will have sunk to the bottom). They should be completely submerged in fat; if necessary, transfer them to a smaller container. Cover and refrigerate for up to 2 weeks. To store for up to 6 months, see Note.

When you are ready to serve the duck legs, remove the container from the refrigerator and allow it to sit at room temperature for an hour or two to soften the fat enough to remove the legs without breaking them apart, or microwave them just long enough to soften the fat.

Preheat the oven to 350°F. Set a cooling rack over a baking sheet.

Pour some duck fat into each of two large frying pans and heat over high heat until very hot. (If you have only one large skillet, brown the legs in 2 batches.) Arrange legs in each pan, skin-side-down, and cook, without moving them, for 1 minute. Reduce the heat to medium and cook until the skin is richly browned, about 3 minutes.

Carefully transfer the duck legs, skin-side-up, to the cooling rack and put in the oven to heat through, about 10 minutes.

**NOTE ON STORING DUCK CONFIT** You can keep the confit for months if you remove all the meat juices from the fat. After cooking, transfer the legs to a container and refrigerate. Refrigerate the fat separately; as it solidifies, the meat juices will settle to the bottom of the container, where they will jell. When the fat has solidified, carefully spoon it off, without disturbing the jell; the jell can be frozen and added to soups. Melt the fat and pour it through a strainer over the duck.

## Duck fat roasted potatoes

**Serves 12**

|  |                               |
|--|-------------------------------|
| <b>3 pounds of Yukon gold potatoes – peeled and cut into halves or quarters (2 inch pieces are nice)</b> | <b>1/4 cup semolina flour</b> |
| <b>1/2 cup duck fat – can use from confit or duck breast rendering.</b>                                  | <b>Kosher salt</b>            |

- 1) Par boil the potatoes in salted water till just barely cooked. Drain potatoes and return to pan to dry off excess water.
- 2) Sprinkle in semolina and shake pan to rough it up.
- 3) Heat duck fat to 375 in a pan in oven large enough for single layer of potatoes
- 4) Toss potatoes into the hot pan and roast for 40-60 minutes. Drain off fat for last few minutes and hit with salt.



## Crispy black garlic green beans

**Serves 12**

|  |                                    |
|--|------------------------------------|
| <b>3 pounds green beans trimmed, but whole</b> | <b>Sprinkle of cayenne</b>         |
| <b>2 T black garlic</b>                        | <b>8 oz cherry tomatoes halved</b> |
| <b>¼ Cup olive oil</b>                         |                                    |

- 1) add green beans to boiling salted water to set color, strain and shock in ice water, drain well.
- 2) Toss beans in olive oil and put in hot oven, toss from time to time – want beans to start to char – 20 minutes or so, add tomatoes half way through.
- 3) Toss beans in black garlic, return to oven for 5 minutes. Season with salt and pepper and serve.



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## ***Dessert Course: Foie gras crème brulee***

**Serves 12**

1.5 pound foie gras  
12 duck egg yolks  
4 ½ cups heavy cream  
3 cups whole milk

4 T granulated sugar (plus extra for brullee)  
½ tsp of a spice mix that includes ground nutmeg,  
pepper, clove and cinnamon – its ½ tsp in total!  
1 tsp salt

### **Directions**

- 1) Preheat oven to 325
- 2) Roughly chop foie gras – process it in a food process it with cream and milk.
- 3) In saucepan heat foie gras mix but do not allow it to boil.
- 4) Mix sugar and eggs and whisk till pale and sugar dissolved, stir in spices and salt.
- 5) Temper eggs by adding hot cream a spoon at a time, while whisking till well combined; keep going till all incorporated. Pass mixture through a sieve.
- 6) Pour custard into ramekins. Place ramekins on a towel or rack in a pan and fill pan with hot water till about halfway. Cover pan loosely with foil and bake 20-40 minutes. Pull foil and cook only till just set.
- 7) Refrigerate, pulling ramekins 20 minutes before service.
- 8) Sprinkle with sugar and blowtorch the top.