

# Chef from the Hood Recipes



**Chef:**  
Ken Silveira

**Restaurant:**  
Pacific Markets

**Recipe:**  
Dan's DUCK au Vin & Nalle ZIN!



## Dan's DUCK au Vin & Nalle ZIN!

### *Ingredients:*

#### *For the Marinade:*

- 2 bottles Nalle 2004 Zinfandel
- (1 for marinade, 1 to drink later)
- 1 large onion, large dice
- 2 celery stalks, large dice
- 1 large carrot, peeled, large dice
- 1 large clove garlic, peeled & flattened with side of your knife
- 1 teaspoon black peppercorns
- 2 cinnamon sticks
- 1/2 inch piece of ginger, peeled
- 2 tablespoons olive oil
- 1 whole duck (Liberty Duck from Sonoma County if possible), cut into 8 pieces (2 drumsticks, 2 thighs, 2 wings with top quarter of adjoining breast and 2 breasts)

#### *To Complete the dish:*

- 1 tablespoon olive oil
- 6 ounces thick cut Applewood smoked bacon
- 2 large shallots, peeled, finely chopped
- 2 large cloves of garlic, finely chopped
- 4 fresh thyme sprigs
- 3 bay leaves
- 2 fresh sage sprigs
- 2 cups chicken stock
- 2 tablespoons cocoa powder
- 4 tablespoons unsalted butter
- 1/2 pound crimini mushrooms, quartered
- 1/2 pound shiitake mushrooms, stemmed, quartered
- 20 pearl onions, peeled
- chopped fresh parsley

#### *To prepare marinade:*

Combine 1 bottle of wine, onion, celery, carrot, garlic, peppercorns, cinnamon and ginger in a large pot. Bring to boil over high heat. Reduce heat to medium and simmer 5 minutes. Cool completely and then mix in the oil. Place duck pieces in large bowl, pour wine mixture over the duck and stir well to coat the duck. Cover and refrigerate at least for 24 hours and up to 48 hours if possible. Turn duck in marinade every so often.

#### *To prepare the dish:*

Using tongs, transfer duck from marinade to paper towels to drain; pat dry. Strain marinade, reserving vegetables and marinade separately. Heat oil in a heavy pot that is large enough to hold the duck in a single layer. Over medium-high heat, sauté the bacon until crisp and golden brown. Use a slotted spoon and transfer the bacon to a small bowl.

Add duck, skin side down and sauté until brown on both sides. Transfer duck to a large bowl. Add vegetables from marinade to same pot and sauté these until golden brown as well. Add wine from marinade and bring to a boil. Mix in shallots, garlic, herbs, bay leaves and chicken stock. Place duck, skin side up in the pot in a single layer. Bring back to a simmer and reduce heat to medium-low. Cover pot and simmer 30 minutes; turn duck, cover and simmer for another 20 minutes until tender.

While duck is simmering, melt 3 tablespoons of butter in heavy skillet. Sauté mushrooms until tender and transfer to separate plate. Melt remaining tablespoon of butter in the same skillet; add onions and sauté until they begin to turn brown. Transfer onions to plate alongside the mushrooms. Reserve the skillet.

Using tongs, transfer duck to a plate. Strain sauce from pot into reserved skillet. Press solids in the strainer to get all of the sauce. Discard solids. Bring sauce to a simmer; skim off excess fat. Return sauce to pot and bring to a simmer over medium heat. Whisk in cocoa powder until totally dissolved. Add onions and simmer over medium heat until tender, about 5 minutes. Add mushrooms & bacon and simmer uncovered until sauce is reduced (coats the back of a spoon.) Season with salt and pepper. Return duck to sauce to warm. Arrange the duck on a large rimmed platter. Spoon the sauce & vegetables over top, sprinkle with parsley and serve immediately with a wonderful bottle of Nalle Winery 2004 Zinfandel.