Chef from the Hood Recipes

Chef:
Jim Reichardt

Restaurant:
Sonoma County Poultry

Recipe:
Roasted Liberty Duck Breast!

Ingredients:

1 package Liberty Duck Breast (to serve two). Split the attached breasts into 2 breasts and trim off the loose skin and fat (set aside, see below for how to use the trimmed skin and fat.) Make a dry rub by combining 1/2 tablespoon each of cardamom & pepper with 1/2 teaspoon salt (or to taste). Score the skin with a few cross hatches, just skin deep, and rub spices all over duck breasts. Fry skin side down to crisp the skin in a heavy pan with a bit of olive oil. At this point, you can set aside duck for up to an hour, or refrigerate to finish cooking later. To finish cooking, place breasts in a preheated 5000 oven for 4 or 5 minutes (best to serve Liberty Duck Breast medium rare). Let rest for 5 minutes, then serve.

Jim Reichardt's Liberty Duck Breast is served in many great restaurants around the country. Chefs love the ease of cooking this flavorful bird; it's very easy to cook at home, too. Jim says, "I've been experimenting with dry spice rubs; this one with cardamom is my favorite (I also like lavender with pepper). Use the duck fat and skin to flavor your side dishes. Instead of potatoes, I might make a wild mushroom risotto. A local Pinot Noir or Merlot would be great with this." Here are Jim's suggestions for a romantic dinner for two.

Liberty Yukon Golden Potatoes to accompany duck breasts. Render duck fat trimmed from the breasts by melting it in a hot pan. Cut 2 or 3 Yukon Gold Potatoes into slices or 1" cubes. Fry potatoes in the rendered fat until golden crisp.

Sonoma Salad with Liberty Duck Cracklins. Place fresh mesclun mix or baby lettuces on individual serving plates. Dress with salt and pepper, extra virgin olive oil and Balsamic vinegar. Use the trimmed duck skin to make cracklins by frying it in a hot pan until crisp. Add these flavorful warm cracklins to the top of the salad and serve immediately.