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May 10, 2008, 10:30 AM – 12:30 PM

**Quack Quack!**

Guest Chef **Greg Balch**, Sous Chef, *Ratcliffe on the Green*

MENU

Braised Duck Thigh with French Green Lentils

Crispy Duck Breast with Sweet Potato Hash

Canard Au Vin over Fresh Pappardelle

Duck Yakitori with Korean Barbecue Sauce

Roasted Duck with Root Vegetables and Potatoes



*Recipes Follow*

## Braised Duck Thigh with French Green Lentils

4 ea Duck Thighs  
8 c Chicken Stock  
3 c Lentils  
½ c Carrots  
½ c Onion  
½ c Celery  
2 c Mirepoix (*culinary term for combination of 2 parts onion to 1 part carrot & 1 part celery*)  
Salt & pepper to taste

- Season Duck thighs with salt and pepper.
- In a hot pot sear duck thighs to give them some color on both sides. Once the thighs have some color add mirepoix.
- Add chicken stock to cover the thighs completely. Place a lid on your pot and put it in a 450 degree oven for approximately one hour.
- Wash lentils and be sure to pick out any rock or other foreign objects.
- In a separate pot sauté carrots, celery, and onions until just tender.
- Once vegetables are tender, add your lentils and give a quick stir. Add remaining stock and water if needed to cover the lentils. Cook lentils until "al dente" and strain any extra liquid. Season with salt and pepper.

## Crispy Duck Breast with Sweet Potato Hash

2 ea Duck Breast  
2 ea Sweet Potato  
1 ea Red Pepper  
½ ea Red onion  
1 ea Green Onion, bunch  
1 c Chicken Stock  
Red Wine  
Brown Sugar  
Salt & pepper to taste

- Peel Sweet potato and cut into ¼ inch cubes. Do the same thing with red onion and red pepper.
- In a hot sauté pan add oil and potatoes. Add peppers, and last add onions. Sauté until onions and peppers are tender.
- Once onions are tender, add brown sugar and chicken stock. Turn the heat down to medium and continue to cook until the liquid is thick and almost all evaporated.
- Score the fat side of the duck breast being sure not to go too far down into the meat.
- Season duck breast with salt and pepper and sear in hot sauté with no oil. Place duck breast fat side down to start rendering the fat. Once your duck breast is in the pan, turn the heat down to medium low and keep on eye on the fat.
- Once fat is all rendered out you want to flip the breast over and place in the oven for approx 3 to 4 minutes.
- When the duck comes out of the oven allow it to rest for 5 minutes before cutting. Empty the fat from sauté pan and deglaze with a little red wine. Once reduced add some stock and reduce again. Finish the sauce with butter, salt and pepper.

## Canard Au Vin over Fresh Pappardelle

4 ea Duck Thighs  
1 ea Mushrooms, package  
1 ea White Onion, medium  
8 ea Bacon slices  
2 ea Pasta Sheets, Fresh  
2 c Red wine  
2 c Beef Stock  
Salt & pepper to taste

- Season duck thighs with salt and pepper. In a hot pot render out bacon fat. Once fat is rendered, remove bacon. Dredge thighs in seasoned flour and add to the pot. Cook until color appears on both sides, adding more fat as needed.
- Once you have color on both sides of the duck, remove thighs and add mushrooms and onions. Sauté until tender.
- Once tender, add bacon and thighs back to pot. Add red wine and enough stock to cover. Place a lid on the pot and place in a 450 degree oven for one hour to an hour and a half.
- Cut the pasta sheets into ½ inch strips. In a pot of salted boiling water, add pasta and cook for just a few minutes until al dente. Be sure not to cook pasta until you are ready to serve.

## Duck Yakitori with Korean Barbeque Sauce

2 ea Duck breast  
1 ea Fennel, fresh bulb  
2 ea Oranges  
1 ea Parsley, bunch  
1 c Korean BBQ Sauce  
Olive oil  
Salt & pepper to taste

- Julienne fennel bulb paper thin and place in ice water.
- Peel outer skin of orange removing the pith. Cut out the segments making sure not to include any membrane.
- Rough chop the parsley. In a bowl mix the fennel, parsley, and orange segments. Coat all of this with olive oil and season with salt and pepper.
- Trim excess fat off of duck breast. Slice duck breast into ½ inch strips length wise.
- Cover slices of duck with plastic wrap and pound out strips to ¼ inch thick.
- Season the duck with salt and pepper and grill for approximately one minute on each side. Brush with sauce and serve over salad.

### **Chef Notes:**

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## Roasted Duck with Root Vegetables and Potatoes

- 1 ea Whole duck
- 1 ea Onion, medium
- 2 ea Celery stalk
- 3 ea Carrot
- 2 ea Turnip
- 1 ea Sweet potato
- 1 ea Baker potato
- Salt & pepper to taste

- Rub duck inside and out with salt and pepper.
- Rough chop onion, celery, and carrot. Peel carrot before rough chop.
- Peel the potatoes and turnips and cut into ¾ inch cubes.
- Stuff half the onion, celery, and one carrot into the duck carcass.
- Toss remaining vegetables and potatoes with oil, salt and pepper.
- Place the vegetables in bottom of roasting pan and place the duck on top. Place the pan in the oven and cook until duck is cooked through, approximately 30 minutes.

**Chef Notes:**

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