

Joe Jur giel ewicz & Son, Lt d. Newsl et t er

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Thousand Year Egg... Can It Be?



Thousand year egg...is it really a thousand years old? How can this be? No, it is not an egg that has been preserved for a thousand years. Instead it has been preserved in ash, lime & soil for about 100 days.

During Chinese history the people have been met with times of plenty and times of famine. This preservation of the egg could have come from these times of plenty in preparation of harder times to come. It is said that this type of preservation came about



during the Ming dynasty in Hunan. The story is told that a Chinese home owner found duck eggs floating in a shallow pool of slaked lime. This lime had been used a couple of months earlier as mortar in the building of his new home. After tasting the egg, he decided to produce more of the preserved eggs but add salt for taste, thus, the beginning of the thousand year egg.

To make your own thousand year old egg just follow this recipe from "The Regional Cooking of China" by Margret Gin and Alfred E. Castle:



2 cups - Tea, very strong black
1/3 cup - Salt
2 cups - Ashes of pine wood
2 cups - Ashes of charcoal
2 cups - Fireplace ashes
1 cup - Lime*
12 Duck egg, fresh

*Available in garden stores and nurseries.

Combine tea, salt, ashes and lime. Using about 1/2 cup per egg, thickly coat each egg completely with this clay-like mixture. Line a large crock with garden soil and carefully lay coated eggs on top. Cover with more soil and place crock in a cool dark place. Allow to cure for 100 days. To remove coating, scrape eggs and rinse under running water to clean thoroughly. Crack lightly and remove shells. The white of the egg will appear a grayish, translucent color and have a gelatinous texture. The yolk, when sliced, will be a grayish-green color.

To serve, cut into wedges and serve with:

Sweet pickled scallions or any sweet pickled vegetable

Sauce of 2 tablespoons each: vinegar, soy sauce and rice wine and 1 tablespoon minced ginger root.

The preservation leaves the albumen translucent and gelatinous and the yolk takes on a creamy, almost cheese-like quality. The combination of the ashes, lime and soil increases the pH and sodium of the soil, causing this preservation.

The egg is used in many types of dishes throughout the Asian countries.



The Cantonese wrap chunks of this egg with slices of pickled ginger root. A Shanghainese recipe mixes

chopped century eggs with chilled tofu. Cubed century eggs atop cold tofu, drizzled with sesame oil and soy sauce is a favorite of the Taiwanese. The

Japanese use silken tofu squares topped with

century egg-spiked aioli, crunchy tobiko, and snipped



chives. A popular street food in Hong Kong consists of whole century eggs coated in fish meal, breaded, and deep-fried.

Thank You

Thank you Chef Michael Carrino for using Joe Jurgielewicz & Son Pekin ducks. Chef Mike is the chef and owner of Restaurant Passionné located in Montclair, New Jersey. Restaurant Passionné is one of New Jersey's most celebrated restaurants, recognized for its energetic and exciting French-inspired and locally focused cuisine. Chef Mike recently began using Dr. Joe's Pekin duck

and stated, "...it is the best tasting duck I have ever had. The flavor and the way the skin crisps up and stays crispy was my first draw. The flavor is so clean and refreshing, it is what duck should and authentically does taste like. The way the breast evenly crisps and when we roast them whole the way the skin forms a sort of shell to hold in the juices, hands down an amazing animal. I recently was invited and cooked at the James Beard Foundation for my second appearance and featured your duck as one of my courses. I have been using your birds exclusively and the feed back has been outstanding."

Thank you Chef Mike for your fantastic words in describing our duck and so pleased that you have been exclusively using our ducks. Visit Chef Mike and taste his delicious duck dishes at Restaurant Passionné. Check out his website:

<http://www.restaurantpassionne.com>



Farm Tours



We enjoyed having the children and parents of the Mom's Club of Autumn Ridge and the Mom's Club of Wyomissing come and visit the farm in June. The children had great fun with the ducklings and loved their farm hats.



Farm Tours



We would like to thank Mr. Clyde Myers for bringing his class for a tour of the farm. Mr. Myers, a Penn

State University extension agent in Berks County, is teaching the Penn State University Agricultural and Extension Education class "Today's Food & Fiber". His class consisted of Berks County educators. The course is structured

around visitations of farms and food and fiber business.

Mr. Myers stated that



the Joe Jurgielewicz & Son farm is a good example for his class because it takes them from breeding to a processed product. I had the wonderful opportunity to talk to only a few of the educators and to see how they could use the information they would gain from this course.

Bethanne Mitchell - Family & Consumer Science teacher at Wyomissing Junior/Senior High School. Bethanne shared with me that the tours given during this class will give her more ideas for activities and demonstrations that the children can participate inside the classroom.

Erik Leeds - Technology Teacher at Northwest Middle School. Erik shares that he will be able to implement the efficiency of the structures that he has been able to gather from the tours for projects with the children.

Heidi Kuska - School nurse at Governor Mifflin School District. She will be able to use the knowledge of nutrition that she has learned through this class to instruct her students in better nutrition in their own lives.



Rick Heckrote - Guidance counselor at Schuylkill Valley High School. Learning about the local farms and what opportunities there would be for students graduating, only gives him more information and first-hand knowledge to share with students looking for direction.

Kaye Endres - Family & Consumer Science teacher at Northwest Middle School. She shares with me that she is taking plenty of pictures to make a slideshow for her students to learn more about farms.

Interesting



The egg is the symbol of fertility and rebirth in the Chinese culture. It is customary for

family and friends to celebrate a new arrival by holding a "Red Egg and Ginger Party", when the child is between one and three months old. Hard boiled eggs that have been dyed red are passed out to announce the birth. The red represents happiness and good luck and the ginger provides the yang.

Recipe of the Month

Seared Duck Breast with Blueberry Beurre Rouge

Ingredients

4 duck breasts, cleaned and trimmed
Kosher salt, for seasoning
Black pepper, for seasoning
Vegetable Oil, for searing

1 oz butter
1 t garlic, minced
1 t shallot, minced
½ t lemongrass, minced
12 fl oz port wine
6-8 blueberries
3 pieces star anise
8 oz butter, cubed cold
Salt, to taste
Black pepper, to taste

Method

Duck:

1. Heat oil in sauté pan over high heat
2. Pat dry duck breast and score the skin of each breast 3 times
3. Season liberally with salt and pepper the skin of each breast
4. Place duck, skin side down, in pan and continually swirl pan over the heat until the skin is golden brown and crisp, about 3-5 minutes
5. Once skin is browned, place duck on sheet tray and finish in oven, skin side up. Oven at around 350-400 degrees for about 12-15 minutes

Sauce:

1. Heat butter, 1oz, in a small sauce pan. Add garlic, shallots and lemongrass and

- sauté until it becomes fragrant
2. Add wine, blueberries and star anise to the pan and continue to cook over medium heat, simmering until reduced in volume by half
3. Strain mixture through a fine mesh strainer, and then return to heat on low
4. Slowly add the butter while swirling the pan to emulsify the sauce
5. Season with salt and pepper to taste, spoon over sliced duck breast once fully cooked

We would like to thank Chef Patrick LeBeau from the "Quinn's" restaurant in South Beach, Florida, for sharing with us one of his duck recipes. Dr. Joe and the family thank you, Chef Patrick, for serving such a delectable dish.

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