

Joe Jurgielewicz & Son, Ltd. Newsletter

Volume IV

June 2010

Events & Happenings

Cornell University

Dr. Joe Jurgielewicz, an alumnus of Cornell, will be featured in the Cornell Veterinary Quarterly Magazine in their June issue.

Food and Wine Festival Sands Casino

Joe Jurgielewicz & Son's Pekin duck and the Savory Grille paired up for the Lehigh Valley Food and Wine Festival at the Sands Casino in Bethlehem on June 6th. Shawn Doyle, chef and owner of the Savory Grille, served up delicious duck dishes along with seafood specialties for hundreds of guests at the festival. Thank you Shawn for delicious morsels!

Chinese Food Eating Healthy

The Yin and Yang philosophy can be seen in traditional Chinese cuisine by maintaining balance in texture, color, and flavor of the ancient Chinese food.



All of us, who love Chinese food, know that cheese, cream, or butter is not included in dishes. Instead, lots of vegetables, sea food, and poultry are the most prominent ingredients used in the Chinese cuisine. Even the vegetable oil that is used has enough unsaturated fat that it balances the cholesterol-raising properties of the saturated fat it contains. Keep in mind, westernized Chinese food has a lot of fried foods, heavy sauces, and a lot of salt. Authentic, traditional Chinese cuisine is very healthy, staying with clear sauces, lots of vegetables, and small amounts of meat.



The Pekin duck was discovered in the Yuan dynasty (1271-1368) and developed into a culinary specialty in the Ming Dynasty (1368-1644). Ever since then the Pekin duck has been part of the Imperial menu. For four hundred years the Pekin duck remained on the Imperial menu, an honor reserved for only the finest of foods to be served in the Imperial Court. Dr. Joe Jurgielewicz has strived to preserve the traditional Pekin strain as it was developed in the Ming dynasty. His ducks offer the same rich succulence enjoyed by the Imperial rulers of China for over five hundred years.



Grilled Duck Breast with Balsamic *Vinegar*



Ingredients for dry rub:

- 2 Duck breasts with skin
- 125 ml (1/2 cup) balsamic vinegar
- 125 ml (1/2 cup) duck stock
- 30 ml (2 tbsp.) honey
- 15 ml (1 tbsp.) fresh ginger, chopped
- Salt and pepper to taste

Preparation

Use a sharp knife to cut incisions through the skin, be careful not to cut into the meat. The incisions should be about $\frac{3}{4}$ in (2 cm) apart and in a crosswise pattern (checker plate pattern). Mix balsamic vinegar, duck stock, honey and ginger. Pour in a flat dish and add duck breasts, skin over. Let marinate for at least 20 minutes into the refrigerator (maximum 2 hours). Preheat the outdoor grill by turning on only one burner at maximum heat. Use a sharp knife to cut incisions apart in a crosswise pattern (check plate pattern). This facilitates fat rendering and cooks the breast evenly.

Grill boneless duck breast on direct heat (burner side opened) skin side down. Grill for 1½ minute, turning it over once at halftime. Move the breast on the "off" side of the BBQ and continue cooking at indirect heat, with cover closed, skin side down for 8 to 10 minutes. Finish cooking at direct heat and let rest 5 minutes before serving.

The flavor will be at its best if the meat is cooked pink (inside temperature of 70°C (160°F)).

Sauce

Pour the marinade into a sauce pan and let reduce half. Be careful with the vinegar steam that will disappear during cooking. Cut duck breasts into slices and pour sauce over it. Serve with roasted vegetables.

INTERESTING:

Ducks' feet have no nerves or blood vessels. This means ducks never feel the cold, even if they swim in icy cold water.