

Gourmet Duck Secrets



Memorable Meals with Tastier Duck: Your Recipe Guide for Preparing Delicious Duck Dishes

Duck is a delicious alternative to the commonplace chicken dinner your guests have become all too familiar with. Next time you are preparing a special meal, or even a simple family dinner, consider duck. Preparing tasty dishes will make your guests wonder if you've spent all day in the kitchen. However, preparing a delicious and healthy meal shouldn't be time-and-labor intensive.

This quick guide will provide you with simple yet elegant main course offerings. It will teach you how to prepare these memorable duck dishes, while also helping you locate the high-quality duck products you'll need to wow your dinner guests.

Duck Salad with Brie Toast Garnish

The following list of ingredients provides two dinner-sized servings of this delectable duck salad:

- 2 7-ounce boneless duck breast halves
- 1 1/2 tablespoons Sherry wine vinegar
- 6 2-inch slices Brie cheese (about 3 oz)
- 6 cups mixed baby greens
- 6 2-inch slices of your favorite fruit-and-nut bread
- 1/2 cup walnuts, toasted, chopped
- 3 tablespoons olive oil
- Dressing or fruit salsa to taste

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"Guaranteed to be the tastiest duck you'll ever eat"™



Duck Salad with Brie Toast Garnish (Cont.)

Preparing the duck

Heat a large, heavy-duty skillet over medium-high heat. Season duck breasts with salt and pepper to taste. Then place the breast halves skin side down in the skillet. Cook to desired doneness, approximately 6 minutes on each side for medium cooking. Remove duck from heat and let stand 5 minutes. Meanwhile, toast your bread slices. Once toasted, top each piece of bread with a single slice of Brie.

Garnish and plating

To create the dressing, whisk together the oil and vinegar in bowl large enough to hold your greens. Add salt and pepper to the mixture to taste. Toss the greens with the dressing, and then place onto plates. Place 3 Brie toasts in center of the salad, fanning outward. Top salad with walnuts. After the duck has rested, either thinly slice duck breasts crosswise; or place one breast on each salad whole. If desired, add an additional dressing or even a complimentary fruit salsa for additional garnish.

Chef's Tip: Don't plate the salads until just before serving. The longer the greens, toast, and duck sit together on the plate, the less crisp your brie toasts will be. This dish is best when served immediately.

Joe Jurgielewicz & Son Boneless Duck Breasts: Available Fresh and Frozen



- Whole boneless breasts are not split, giving chefs the options to use their own preparations, imaginations, and cooking skills
- Not marinated; all natural flavor from perfect meat/fat ratio
- Packed 2 breasts/vacuum bag
- 10 bags/case = 20 breasts/case
- Remember: One whole 16 oz. breast = two 8 oz. lobes.

For ordering information, visit: <http://www.tastyduck.com>

Duck and Wild Mushroom Gumbo



The following list of ingredients provides ten servings of this Cajun classic:

- 1 5-lb duck (defrosted if frozen) excess
- 3 teaspoons salt
- 1/2 teaspoon ground white pepper
- 1/4 cup canola oil
- 1 cup all purpose flour
- 1 1/2 pounds assorted chanterelle, oyster, and shiitake mushrooms, chopped into small pieces
- 1 1/2 cups diced yellow onion
- 3/4 cup minced celery
- 3/4 cup minced red bell pepper
- 8 garlic cloves, finely sliced
- 1 bottle stout beer
- 6 cups reduced sodium chicken broth
- 4 teaspoons of your favorite spice mix
- 2 bay leaves
- 1 1/4 teaspoons dried thyme
- 1/2 teaspoon paprika
- 5 cups freshly cooked white rice
- 1/2 cup sliced green onions
- 1/2 cup shredded fresh parsley

Preparing the duck for the gumbo

Heat large heavy-duty cooking pot over medium-high until hot. While the pan heats, remove excess fat and backbone from duck. Cut into quarters. Season the duck quarters with 1 teaspoon salt and white pepper. Place the duck pieces with the skin facing downward into the pot, and sear until golden brown, about 8 minutes per side. Remove duck from pan.

Flavoring the stock

Add canola oil and flour to juices in the pot; blending well with a wooden spoon. Over medium heat. stir continuously until the roux is chocolate-brown in color. This should take just under half an hour. When the roux is cooked, place mushrooms, yellow onion, celery, bell pepper, and garlic into the pot and cook until soft, approximately four minutes. Pour in beer; stirring to blend. Add broth, spice mix of your choice, bay leaves, thyme, paprika, and 2 teaspoons salt. Blend well by stirring vigorously. Add duck pieces to pot. Turn up the heat to bring the mixture to a boil. Then lower heat to medium-low; simmering the gumbo uncovered until meat is tender, approximately 1 1/2 hours. During this time, skim foam from the stock's surface every few minutes.

Plating the entree

Remove the duck meat and place on a plate until cool enough to handle, around 20 minutes. Remove duck meat from bones and cut into 1-inch pieces. Using a spoon, remove the fat from the top of the gumbo and add the duck pieces back into the pot. If needed, add salt and pepper to taste. Serve the white rice in bowls with the gumbo poured over it. Garnish with green onions and shredded parsley.

Chef's Tip: When it comes to gumbo, tender meats are the key to success. Duck makes an excellent gumbo because it becomes tender and moist as it cooks. To maximize this effect, use duck meat with a good meat-to-fat ratio. A fattier duck makes the best gumbo, so make sure to cook with a duck that provides the right amount of fat for this flavorful dish.

Duck Breast Porchettata

The following list of ingredients provides four servings of this rich duck entree:

- 2 boneless Muscovy duck breast halves (approx. 2 pounds total)*
- 3-4 garlic cloves, finely chopped
- 2 teaspoons crushed fennel seeds
- 1 1/2 teaspoons chopped rosemary
- 1 1/2 teaspoons extra-virgin olive oil

Seasoning the duck

Preheat oven to 400°F. With skin-side facing downward, place duck breasts onto a cutting board. Season with salt and pepper to taste. In a small bowl, mix together garlic, fennel, rosemary and olive oil. Press the herbs onto the duck breast halves and stack them one atop the other, with the skins facing outward. Tie halves tightly together with cooking string.

Cooking for desired doneness

Heat a large-sized, heavy-duty, oven-safe skillet over medium-high heat. Place breast halves into the pan and brown well on each side, turning occasionally. This will take approximately ten minutes. Pour off fat from skillet, and then move the skillet still containing the duck immediately into oven. Roast to desired doneness, turning occasionally. For a medium preparation, cook the breast halves for around 25 minutes. When desired level of doneness has been reached, remove duck from pan onto a clean work surface to rest for ten minutes.

Sauce preparation for plating

To prepare for plating, pour pan juices into glass cup. Using a spoon, remove the layer of fat from the top. After then ten minute testing period has passed, untie the duck breast halves and cut into half-inch slices. Plate, then drizzle with pan juices and serve immediately.

Joe Jurgielewicz & Son - Providing the Highest-Quality Duck for Your Favorite Duck Dishes

Joe Jurgielewicz & Son have been providing customers with the finest quality ducks for over 20 years. Using veterinary science, vertical integration, and four generations of experience on the family farm, Jurgielewicz & Son ensures the quality of every product bearing their name.

All of the duck meats featured in these recipes are available for purchase from Joe Jurgielewicz & Son. For pricing information, call your Joe Jurgielewicz sales representative at (610) 562-DUCK or visit the website.

For more recipes, product information, and more, visit us at: <http://www.tastyduck.com>

