

Three of my favorite Duck dishes:(by Chef Luis Ayllon)

**Barbeque Duck in Puff Pastry Appetizer** with fresh mozzarella, spinach and red wine-berry demi glace

I use duck confit – (duck legs slowly simmered using a combination of rendered duck fat and canola salad oil, kosher salt, garlic cloves, fresh thyme, rosemary and peppercorns). Afterwards I do a light hickory smoke on the legs, let it cool, shred the meat (off the bones), and then mix with home made barbeque sauce.

I save the bones for the red wine – berry sauce which is made with:

Olive oil  
Shallots  
Fresh thyme leaf  
Duck bones (from the confit)  
Sugar  
Red wine vinegar  
Red wine  
Blueberries  
Dried Cranberries  
Chicken stock (a little)  
Orange juice (a little)  
Coriander seeds (crushed)  
Cornstarch slurry (to thicken)  
Salt and pepper

First, sauté the shallots, thyme and duck bones with olive oil.

Next add sugar (a good amount), let it caramelize then hit it with a little red wine vinegar (for a sweet and sour effect)

Add the red wine, let it reduce by about half -- then add the chicken stock, bring to a boil, and let simmer for a while.

Remove the bones, and then add the blueberries, cranberries, a little crushed coriander seed, orange juice, and simmer till the cranberries soften.

Season with salt and pepper and thicken with the cornstarch slurry.

The barbeque sauce is made with:

Ketchup  
Brown sugar (good amount)  
Chili powder (a lot)  
Garlic powder

For the Puff pastry:

I layer a two sheets of frozen puff pastry together using egg wash, cut out circles from this (using a rocks glass), egg wash the tops and bake for 12 to 15 minutes at 425 degrees until golden.

To assemble the plate:

Heat the barbequed duck in a sauté pan, stirring frequently to prevent scorching, toss with a little chiffonade of spinach and fresh mozzarella (cut in small cubes or strips).

Place under a salamander or broiler and heat until the cheese melts.

Split the cooked puff pastry in two and sandwich the duck mixture in it, with the top slightly askew.

Add the sauce to the plate and then it's time to eat.

The next recipe would be:

**Smoked Duck Breast with Green Tea Soba Noodles, Spinach, Boursin Cheese and Basil-Ginger Broth**

2001 Morisoli Cabernet – Elyse Winery

I make a rub using 3 parts chili powder, 1 part brown sugar, and a little garlic powder. I coat the duck breast with this and season with salt and cracked black pepper.

The duck is smoked to medium rare with mesquite or hickory.

The sauce consists of:

Olive oil  
Shallots  
Fresh ginger  
Garlic  
Crushed red pepper flakes  
White wine  
Chicken stock  
Spinach (a little)  
Basil leaves (fresh)

Heat the olive oil and briefly sauté the shallots, garlic crushed red pepper flakes, and ginger. Add the white wine and reduce. Add the chicken stock bring to a boil and reduce to a simmer. Thicken with cornstarch, add the spinach, basil and, using immersion blender, blend thoroughly to bring out a nice bright green color.

To assemble:

Toss the pasta in a sauté pan with spinach and fresh butter – then season to taste with salt and pepper. “Nest” the noodles on the plate -- slice and fan out the duck on top, followed by the Boursin cheese. Sauce and eat. \* Note this also can be worked into a salad by adding a bed of mixed greens to the plate.

**Number Three:**

### **Seared Duck breast with Creamy Polenta, Porcini mushrooms, Asiago Cheese, Sage and Balsamic Reduction**

2001 Rafael Valpolicella Classico Superiore -- Tommasi

The duck is marinated.

I make a red wine marinade by reducing a lot of red wine down to about a third of the original volume. To that, I blend in garlic, fresh thyme, and canola salad oil (using an immersion blender). The resulting marinade should be a bright pinkish purple in color and emulsified. After the marinade cools (over an ice bath), I bury the duck breasts in it and refrigerate overnight. I also make a little porcini mushroom cream sauce using shallots, garlic, white wine, chicken stock, porcini, and cream -- thickened with corn starch, and finished with Asiago cheese.

The Balsamic reduction is simply balsamic vinegar reduced in a pot to a syrupy glaze and then chilled.

The polenta is made with:

Olive oil  
Bermuda onion  
Garlic  
Thyme  
Water  
Cream  
Yellow cornmeal  
Salt and pepper  
Grated parmesan  
Chopped chives (added at time of service)

Cook the duck to Medium rare.

Take it out of the marinade and pan sear, skin side down to render out the excess fat. Slice the breast on a bias.

To serve:

Put a scoop of polenta in the center of the plate. Place the fanned breast on top. Sauce the plate with the porcine cream sauce and drizzle a little Balsamic glaze on and around the duck. Garnish with shaved Asiago cheese and a fresh sage leaf. Eat.