

Chef from the Hood Recipes



Chef:

Dan Berman, Culinary Director

Restaurant:

What's Cooking at Fiesta & Pacific Markets

Recipe:

Roasted Liberty Duck Legs with Fresh Summer Cherry Sauce!

"Think summer, dark fresh cherries and Pinot Noir. Cherries are at the end of the season and this dish is a great way to enjoy them before they disappear. Duck legs taste so good and are reasonably priced, but if you prefer a lighter meat, make this recipe with duck breasts. We'll be cooking Liberty Duck in our kitchens here at Fiesta and Pacific Market. So if you prefer to not cook, just come in and get some to go! Though not always available, Liberty Duck is flavorful and very meaty, making it the choice of great chefs all over the country. Humanely raised without hormones or antibiotics by Petaluma rancher Jim Reichardt, Liberty Duck is a great choice for your table. With local Pinot Noir and the last of summer's cherries, this is a hard combo to beat! Enjoy!" ~ Dan

Ingredients for four servings:

- 4 duck legs (legs and thighs attached), preferably Liberty Duck of Petaluma
- 2 carrots, peeled and cut into medium dice
- 2 ribs celery, no leaves, cut into medium dice
- 1 yellow onion, peeled, cut into medium dice
- 4 bay leaves (Morton & Bassett)
- 6 peeled cloves of garlic
- 2 tablespoons (or so) of olive oil (Brando's)
- salt (Sea Star) & fresh cracked pepper

For the sauce:

- 2 shallots, sliced
- 1 to 2 tablespoons of butter for sauté pan
- 3 cups Pinot Noir (Russian River)
- 3 cups port wine (Ficklin)
- 1/2 cup stemmed fresh cherries
- 2 sprigs tarragon, leaves only, chopped
- 1 quart chicken stock (Imagine)
- 2 ounces of butter (1/2 stick Clover)

Suggested garnish/sides:

Sprigs of tarragon; braised cabbage; and wild or exotic steamed rice (Lotus Bhutanese Red Rice or Forbidden Black Rice)

Procedure:

Preheat oven to 350°. Rub duck with olive oil then season with salt and pepper. Set aside. In another bowl, toss vegetables, bay leaves and garlic with enough olive oil to coat all. Put vegetables in a heavy bottom roasting pan or skillet. Place duck legs, skin side up, on top of the vegetables. Roast in oven for about 1 hour and 15 minutes, turning a couple of times so that the duck browns evenly and the meat becomes very tender. (When duck meat is done, it will easily pull away from the bone.)

For the sauce:

Place shallots in a pan with some butter and sauté over medium-high heat until they caramelize (turn golden brown). Add Pinot Noir and port and simmer, stirring frequently, until sauce reduces by half. Add stock to the pan and again reduce by half. Add cherries and simmer for a few minutes. Place half of the sauce (without the cherries) in a blender. Cut the 2 ounces of butter into pieces and add to the sauce as you puree. Mix pureed sauce back into pan of remaining sauce and cherries. Add tarragon, taste and adjust seasoning.

To serve:

Plate warm duck with sides. Spoon warm sauce over duck. Garnish with a sprig of tarragon.