

# PLAIN & Fancy COOKING

## Duck La Cchette

From Bob Berman, Chef-Owner,  
Boba Restaurant, Toronto, Ontario, Canada



### Ingredients:

2 (8 oz. ea.) boneless Muscovy Duck  
Breasts  
salt and pepper  
oil

*Sweet Mashed Potatoes* -  
4 sweet potatoes  
salt and pepper

*Pesto Mashed Potatoes* -  
4 white potatoes  
2 T. butter  
1/2 cup Half 'N Half  
2 T. pesto (homemade or purchased)  
spinach, blanched

### Sauce -

1 cup orange juice  
2 T. shallots, minced  
1/2 tsp. fresh ginger, grated  
1 tsp. chilpotle pepper puree  
1/2 cup reduced chicken stock  
1 T. butter

### To Prepare:

Make the white and sweet mashed potato ring ahead of time. Roast the sweet potatoes for 1 1/2 hrs. at 350°.

(over)

When done, puree and season with salt and pepper. To make the white mashed potatoes, cook potatoes until done and puree with butter and Half 'N Half. Add pesto. Using a ring mold, fill with alternate layers of sweet mashed potatoes, topped with blanched spinach, followed by pesto mashed potatoes. Refrigerate and reheat when duck is nearly ready to serve.

*To make sauce,* sauté shallots, ginger and pepper puree in butter until soft. Add orange juice, reducing by 60%. Add chicken stock and reduce sauce to 1/2 cup. Season.

*To cook duck,* season then place in heavy pan with oil. Sear skin side up for 2 min.; turn over and sear for 1 min. more. Next, roast in 450° oven for 5 min. Let duck rest on warm plate for 5 min. before carving.

*To serve,* place heated potato ring in center of plate, remove ring. Surround ring with sauce and slice and arrange duck breast in a fan, balanced against the potato mold. Serves 2.

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