

Roast Muscovy Duck-Breast Salad

Ingredients:

- 8 oz. duck breast (boneless, 9 oz.)
- 1 ea. gold beets, fresh
- 6 oz. lettuce, salad mix, spring (mesclun)
- ¼ each endive, individual leaf, fresh
- 1 oz. jicama, fresh
- 1 oz. heirloom tomatoes, fresh
- ¼ tsp seasoning salt
- ¼ gram saffron
- ¼ tsp. black pepper, cracked
- 5 tbsp. salad dressing, ranch
- 1 tbsp. vinegar, balsamic white

Preparation:

1. Thaw duck, if frozen, overnight under refrigeration. Once thawed add spice mixture and let rest in the refrigerator for 4 hours. When ready, place the duck in a large nonstick pan and sear the fat until it gets nice and crisp. Remove the duck and finish in the oven till you receive the desired temperature. Pull out and cool in the refrigerator. Cool to 40 degrees before slicing into 1/4" strips (four strips per salad).
2. Cut the ends off the Beets and Poach for 35 minutes, or until tender based on size. Once poached, take a dry towel and rub the skin off the beets. Then cool the beets to 40 degrees in two hours. Once they cool they will be brunoise for the salad.
3. The jicama needs to be peeled and run through a spiral garnishing slicer. Once It has been sliced, it needs to be put in water and held until you are ready to plate the salad. (Jicama is used as a garnish on the salad.)
4. Try to use red or purple heirloom tomatoes, the color will add to the plate. Slice the tomatoes into half moons (three slices for each salad).
5. Reduce white balsamic vinegar and add it to ranch dressing until you reach the desired taste.
6. To plate the salad, use baby spring mix with 1 piece of red endive. Add the shaved jicama to the top of the salad for height. The sliced tomato will be added to the left front of the salad, and the sliced duck will be shingled on the right. The brunoise beets will be placed in a pile in the front of the salad. Dress lightly with the balsamic dressing and serve.



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