

Episode 1508 – Shaun Hergatt

Pair of Kings

Serves 1

1 1/2 ounces Bourbon
1 1/2 ounces PUR Blood Orange Liqueur
1 ounce Santa Maria Amaro
1 barspoon Punt e Mes
1 barspoon Los Arcos Sherry
Lemon twist, for garnish

1. Add ice to a mixing glass and pour in all other ingredients. Stir until glass is ice cold.
2. Strain into chilled coup glass and garnish with lemon twist.

Acacia-Glazed Duck Breast with Plum Puree & Fennel Salad

Serves 4

Eat Well With Ming: Duck meat is incredibly juicy and high in protein. A perfect meat to show off your culinary chops!

Allergy Free Note: dairy free, gluten free, shellfish free

Dish Components

2 Long Island duck breasts
1 tablespoon acacia glaze
1 tablespoon plum puree
1 shaved fennel
4 fennel fronds
2/3 tablespoon white balsamic vinaigrette
1 tablespoon plum sauce
1. Score duck skin.

2. Season with salt and pepper and preheat oven to 350 F on the convection oven.
3. Add 1 tablespoon grapeseed oil into a cast iron skillet and place duck skin side down until crunchy and slightly caramelized. Flip the breast over and cook for another 2-3 minutes.
4. Add 2 tablespoons of the acacia glaze on the top (skin/crispy side) of the duck breast.
5. Place in oven and cook for 10-12 minutes. Remove the duck breasts from the oven and allow the duck to rest.
6. When all sauces are prepared and salad is mixed, slice the duck lengthwise.

Plum Duck Jus

8 duck bones
1 garlic clove

½ bunch thyme
1 cup plum juice
2 carrots
2 onions
½ bunch celery
1 bay leaf
1 cup plum juice
4 1/4 quarts chicken stock (17 cups)
4 1/4 cups chicken jus

1. Roast the duck bones carcasses till golden brown.
2. Bring the chicken stock and bones to a boil.
3. Remove all imperatives and add roasted mirepoix, thyme and bay leaf.
4. Simmer the stock for 4hr.
5. Pour through a fine strainer.
6. Reduce to a glaze, it should be 90% reduced.
7. Add 1 tablespoon plum puree.

Acacia Glaze

1/3 cup honey
1 cup blackberries
1 cup ginger, sliced into 1 inch pieces
1/2 teaspoon Five Spice

1. Mix together in a blender for 30 seconds and pour into a bowl and set aside.

Plum Puree

4 plums, pitted and halved
1/2 cup Grenadine
2 tablespoons cup beet juice
2 tablespoons plum juice
1/4 teaspoon salt
2/3 teaspoon Xanthan gum

1. Mix together in a blender. Place a strainer over a small bowl and allow the puree to strain.

White Balsamic Vinaigrette

2/3 cup extra virgin olive oil
1/4 cup white balsamic
Salt
Freshly cracked black pepper

1. Mix EVOO and white balsamic vinegar.
2. Season with salt and fresh cracked black pepper to taste.
3. Spoon over the fennel slices

To Plate:

1. Place a small amount of fennel salad at the bottom of the bowl.
2. Lay 4-5 slices of duck around the salad.
3. Spoon 1-2 tablespoons plum puree around the bowl and drizzle 1 tablespoon plum duck jus over the top. Garnish with 2-3 fennel frons.

Duck Pho with Sweet Potato Noodles and Thai Herbs

Serves 4

Eat Well With Ming: Sweet potato noodles are an easy way to keep the noodle and use a vegetable full of fiber and vitamin A.

Allergy Free Notes: dairy free, gluten free

Dish components

2 Duck Breasts, skin removed

Broth

2 sweet potatoes

Plum chutney

Fresh herbs - Thai basil, cilantro

1. Heat a pot of salted water until boiling.
2. Spiralize sweet potatoes to form noodles and add to the salted water to blanch 1-2 minutes.
3. Create an ice bath by filling a medium bowl with ice and cold water. Place a strainer on top and remove noodles from pot to blanch.
4. Cut the fat off the duck breasts into small strips.
5. In a small pan, add 1 tablespoon grapeseed oil and fry the skin from the duck until golden and crispy.
6. Remove from the pan and place on paper towel lined plate to drain. Be sure to keep the duck fat remaining in the pan for later use.
7. Once broth has been prepared, thinly slice each duck breast into five or six slices. Lay the slices in between two layers of plastic wrap. Use a meat mallet to thin out the duck until it is 1/2 inch thick.

Broth

2 quarts chicken broth, heated through

1 shallot, thinly sliced
1 tablespoon ginger, finely chopped
1 teaspoon. garlic, finely chopped
2 pieces of lemongrass, 6 inches each
1 teaspoon grapeseed oil
1 teaspoon reserved duck fat
4 Kefir lime leaves
4 scallions, chopped white and green parts separated
1 tablespoon fish sauce
10 thinly slices combined of red and green Thai bird chilis
1/3 cup coconut milk
1/2 cup thinly shaved fennel
To garnish-Thai basil, cilantro and scallion greens

1. In a medium pot, heat chicken broth until hot and starts to simmer.

2. Meanwhile, using the back of a knife, gently bang it across the lemongrass. This helps to release more flavor while it is cooking in the broth.

3. In a large pot, heat 1 tsp grapeseed oil and 1 tsp duck fat reserved from frying the duck skin. Add the shallots, ginger, garlic, lemongrass and Kefir lime leaves.

4. Add 1/4 cup scallion whites, fish sauce and Thai bird chilis.

5. Add hot chicken broth and allow to reduce to 20%.

6. Once broth has reduced, pour it through a strainer into a separate large pot.

7. Add coconut milk and stir to combine.

8. Add the sweet potato noodles back to the broth.

Plum chutney

1 fresh plum, thinly diced
1/2 lime, juiced
1 tablespoon sambal

1. Thinly dice plums and add to a small bowl.

2. Add juice from 1/2 a lime and sambal.

To plate:

1. Add 1 cup of sweet potato noodles from pot and pour broth over.

2. Carefully, pull the top piece of plastic wrap off the duck and flip it over onto the noodles.

3. Garnish with 1 tablespoon plum chutney, 4-5 pieces of duck cracklings and 3 pieces each of scallion greens, Thai basil and cilantro.

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