

## DUCK TWO WAYS

### FOR THE DUCK LEGS

8 DUCK LEGS (LEG AND THIGH)

2 SHALLOTS

1 CLOVE OF GARLIC

FRESH THYME AND ROSEMARY

BANYULS VINEGAR OR RED WINE VINEGAR

HEAT 3 TBSPS OF VEGETABLE OIL IN A LARGE, STEEP-SIDED FRYING PAN. DRY DUCK LEGS WITH PAPER TOWELS, SEASON WITH SALT AND PEPPER. BROWN LEGS SKIN SIDE DOWN. TURN AND BROWN THE OTHER SIDE.

MEANWHILE, PEEL AND CHOP SHALLOTS AND GARLIC CLOVE.

REMOVE DUCK LEGS FROM THE PAN. POUR OFF MOST OF THE FAT, LEAVING ABOUT 2 TBSPS. REDUCE HEAT TO LOW. ADD CHOPPED SHALLOTS AND GARLIC. COVER AND SWEAT FOR A MINUTE.

POUR IN 1/2 CUP OF VINEGAR. STIR WITH A WOODEN SPOON, SCRAPING UP BROWN BITS WHICH HAVE STUCK TO THE PAN. PULL THE LEAVES FROM THE THYME AND ROSEMARY SPRIGS. MINCE FINELY AND ADD TO THE PAN.

ARRANGE THE DUCK LEGS IN ONE LAYER, SKIN SIDE UP. COVER AND COOK ON A LOW FLAME FOR 15 MINUTES. CHECK OCCASIONALLY TO MAKE SURE THERE IS STILL LIQUID IN THE PAN. IF NECESSARY ADD WATER. WHEN DONE, REMOVE FROM THE HEAT. RESERVE.

### FOR THE DUCK BREASTS

4 DUCK BREASTS

CHINESE FIVE-SPICE POWDER

DRY DUCK BREASTS. WITH A SHARP KNIFE (I USE A SUSHI KNIFE), SCORE THE FAT IN A CROSS-HATCH PATTERN. TRY NOT TO CUT THROUGH TO THE SKIN. SEASON WITH SALT, PEPPER AND CHINESE FIVE-SPICE POWDER.

HEAT A CAST IRON PAN FOR FIVE MINUTES. LAY THE BREASTS SKIN-SIDE DOWN IN THE PAN. SEAR FOR 2 MINUTES. REDUCE HEAT TO MEDIUM AND CONTINUE COOKING ANOTHER 3 MINUTES. TURN AND COOK ON THE OTHER SIDE TILL THE BREASTS SPRING BACK WHEN POKED WITH YOUR FINGER — ABOUT 3 MINUTES MORE.

REMOVE TO A WARM PLATE AND LET REST BEFORE SLICING.

PRE-HEAT BROILER. BROWN THE DUCK LEGS, SKIN SIDE UP.

TO SERVE, SLICE THE BREASTS AND ARRANGE ON INDIVIDUAL PLATES WITH A DUCK LEG. SPOON A LITTLE PAN JUICE OVER EACH LEG. SERVE WITH POLENTA, PUREED CELERY ROOT, RICE, POTATOES OR ORZO PASTA.

SERVES 8

JILL BERNHEIMER FROM DOMAINE L.A. RECOMMENDS
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### **2011 ELIAN DA ROS "LE VIN EST UNE FETE"**

FROM A REGION NOT FAR FROM BORDEAUX, THE COTES-DU-MARMAINDAIS, COMES THIS MEDIUM-TO-FULL BODIED RED MADE OF A TRIUMVIRATE OF GRAPES: MERLOT (50%), CABERNET FRANC (20%) AND ABOURIYOU (30%). YEAH, I'VE NEVER HEARD OF THAT ONE EITHER...

IN ANY CASE, THE WINE HAS AMPLE FRUIT BUT HAS BEEN MELLOWED FROM 12 MONTHS IN NEUTRAL FUDRES AND BARRIQUES, ALONG WITH PARTIAL CARBONIC MACERATION WHICH ROUND THE TANNINS INHERENT TO THESE GRAPES. JUST ENOUGH FRUIT AND EARTH TO GO WITH THE FAT AND GAME THAT THE DUCK TWO WAYS PROVIDES \$18/BOTTLE