

Seared Duck Breast Asparagus wrapped in French Ham on Sauce Béarnaise Potatoes Dauphinois

Duck Breast:

Ingredients:

10 duck breasts with skin on
Extra virgin olive oil

Salt
Black pepper

Preparation:

- 1 With a sharp knife, cut crosswise through the skin without cutting into the meat.
- 2 Rub the breasts with olive oil and set aside.
- 3 About 15 min before serving the entrée, salt and pepper the duck breasts and put them skin down on a hot griddle and sear for about 5 min or until the skin is brown and has released most of the fat.

Flip over and sear the other side for about 2 minutes. Check for internal temperature of 135 ° F.
- 4 Set breasts aside, cover with foil and let them rest for about 5 min.

Duck Sauce:

Ingredients:

3 small onions, finely chopped
Extra virgin olive oil
Aceto balsamico
1 C dry red wine
½ C cranberry relish
Duck demi glace
Chicken broth

Preparation:

- 1 Sautee the onions in the olive oil until translucent, add a swig of the balsamico and mix well. Add the red wine and boil down to half the volume, add more wine if necessary.
- 2 Add the cranberry relish and reduce.
- 3 Add 2 T of the duck demi glace and 1 C of the chicken broth. Reduce the sauce to about 1½ C. Strain through a sieve.

Asparagus:

Ingredients:

6 spears of asparagus/person

10 oblong slices of prosciutto

Preparation:

- 1 Cut off the bottom part and steam the asparagus for 2 – 3 min, sprinkling salt over the wet spears.
- 2 Throw into iced water to stop boiling.
- 3 Drain, pat dry and roll 6 spears into a slice of the ham. Repeat with the remaining asparagus. Set aside.
- 4 About 10 minutes before serving the entrée, place the asparagus packages in a medium hot skillet with olive oil. Sear all around until ham is slightly crisp.

Sauce Béarnaise:

Ingredients:

1 C dry white wine
½ C lemon juice
½ C finely diced shallots
3 T finely chopped fresh tarragon
Salt, white pepper

6 egg yolks
2 sticks of butter in small cubes
Chopped fresh tarragon

Preparation:

1 Combine all ingredients in a small sauce pan, boil and reduce to about 3/4 C.

2 Strain through a sieve.

1 Beat the egg yolks and put them in a hot double boiler, beat the béarnaise mix in until it thickens. Add the butter piece by piece and keep beating.

Add the chopped tarragon to the finished sauce.

Potatoes Dauphinois

Ingredients:

1 qt heavy cream
4 garlic cloves, finely chopped
1 sprig fresh rosemary
Salt, pepper

1 medium-sized Yukon Gold potato per person, finely sliced
16 oz grated Gruyere cheese
1 pt half&half

Preparation:

1 Heat cream in sauce pot, add all ingredients and simmer for about 15 minutes.

Strain through a sieve.

2 Preheat oven to 425 degrees.

Layer half of the potato slices in a 10 x 13 baking dish. Add pepper, salt, and freshly grated nutmeg. Sprinkle half of the cheese on top.

Repeat with remaining potatoes, seasonings and cheese. Pour the cream over and submerge all potatoes. Add some half & half if necessary to cover the potatoes.

3 Cover dish with foil and bake for about 45 min. Remove foil and bake for another 10 minutes or until top has browned nicely.

Presentation

Have 10 pre-warmed plates ready.

Cut the rested duck breast diagonal in a flat angle into thin slices and arrange them fan-like on one side of the plate. They should be pink inside, at least!

Drizzle some of the reduced duck sauce on part of the meat. Reheat in microwave if needed.

Spoon a nice portion of the scalloped potatoes next to the meat, brown side on top.

Add an asparagus package and drizzle some sauce béarnaise along the top.

Serve immediately.