

COOKING PLEASURES

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TEXT AND RECIPES BY JILL VAN CLEAVE

Sizzle and Roast

Take the fast track to succulent meat, starting on the stovetop and finishing in the oven.

In restaurant kitchens, speed is essential to keep up with diners' orders. That's one of the reasons chefs frequently rely on the two-step technique of skillet roasting. They brown small cuts of meat, poultry or fish on one side in a skillet on the top on the stove. Then they flip the meat over and pop the pan in the oven for a quick, high-heat roasting. The entire process takes minutes. Chefs also use this method because it produces succulent results: Meat is moist and juicy on the inside from the quick oven roasting, and it's caramelized and flavorful on the outside from the stovetop browning. Skillet roasting is perfect for restaurant pros - and for you, when you want to get delicious meals on the table fast.

The Perfect Accompaniment to Duck...

Petite Sirah

Duck Breast with Red Pepper Jam

Cooking Pleasures recommends the 2003 Bogle
Petite Sirah... an elegant spicy red...

Although delicious tasting, duck breasts can be fatty unless the skin is browned thoroughly and rendered of most of its fat. Skillet roasting the breasts skin-side down makes that happen. Scoring the skin first facilitates the draining of fat while the meat cooks.

JAM

- 1/2 tsp vegetable oil
- 1/2 tsp minced garlic
- 1/2 tsp grated fresh ginger
- 2 large red bell peppers finely chopped
- 2 Tbsp balsamic vinegar
- 2 Tbsp packed light brown sugar
- 1/4 tsp salt

DUCK

- 4 boneless duck breast halves
 - 1 Tbsp minced garlic
 - 1 Tbsp minced fresh parsley
 - 1 Tbsp minced fresh thyme
 - 1/2 tsp salt
 - 1/4 tsp freshly ground pepper
- 1 Heat oil, 1/2 tsp garlic, and ginger in medium nonstick skillet over medium-low heat 1 to 2 minutes or until fragrant. Add bell peppers; cook 10 minutes or until peppers are soft, stirring occasionally. Stir in vinegar, brown sugar and salt. Reduce heat to low; cook 15 to 20 minutes or until liquid is almost evaporated but mixture isn't dry. Cool.

- 2 Score skin of duck breasts every 1/2 inch (do not cut into meat); rotate and score again, creating crisscross pattern. In small bowl, stir together all remaining duck ingredients. Rub mixture over both sides of duck breasts, pushing mixture into cuts to season duck.

- 3 Heat oven to 425F. Heat large nonstick skillet over medium-low heat until hot. Add duck, skin side down. Cook 6-8 minutes or until skin is brown and fat is rendered, removing fat as it accumulates. Turn duck; place skillet in oven. Bake 4-5 minutes for medium-rare or until desired doneness. Remove from oven; let stand 5 minutes.

- 4 Carve each breast across the grain into 4 or 5 slices; serve with jam.