

From the kitchen of Theo Mellion...

Roasted Duck Breast with Sauteed Potatoes and Mesclun Salad

A quintessentially French dish that is now very accessible as the duck breast (Magret de Canard) are readily available in supermarkets (Dillons and Fresh Market).

Wine Pairing:

Domaine Chamfort Vacqueyras

A blend of Grenache, Syrah, & Mourvedre from the southern

Rhone (Provence) full of sweet cherry and black currant fruit with a hint of licorice and savory herbs.

Recipe:

2 Duck Breasts with Skin

Rendered Duck Fat (can substitute 2 tbsp butter)

10-12 small Yukon Gold Potatoes

Spring Mix

Extra Virgin Olive oil and Balsamic Vinegar

Preheat oven to 400 degrees

Parboil the potatoes in salted water for about 10 minutes, then rinse in cold water. When cool, cut in half or quarters depending on size.

Score the skin on the duck breasts in a checkerboard fashion (use a very sharp knife to score the skin about 1/2 inch apart taking care not to cut the meat underneath). Sear skin side down in a nonstick frying pan to render the duck fat until the skin is crispy and brown (a hamburger press or small cast iron skillet placed on the breasts to weight them down helps render the fat). Pour off the fat as it cooks and save for sauteeing the potatoes. When the fat has been cooked off and the skin is browned, turn breasts over and cook for 1-2 min to lightly brown. Place duck breasts on a baking sheet or roasting pan and roast for 10 min. Remove to serving plate--tent lightly with foil and allow duck to rest for 5-7 min. To serve, slice against the grain, approximately 1/4-1/2 inch thick.

Place 2 tbsp duck fat (or butter) in the same nonstick skillet over medium heat. Add potatoes and saute until golden brown. Toss with sea salt (can add fresh minced rosemary also) to serve. Serve the duck and potatoes with a handful of spring mix drizzled with extra virgin olive oil and a little good quality balsamic vinegar. (You can deglaze the skillet with a drop of duck fat and some balsamic vinegar or raspberry wine vinegar and drizzle over duck as well.)

From the kitchen of Theo Mellion...

Chicken with Garlic and Shallots

A delicious bistro chicken dish. Don't fear all the garlic--it becomes somewhat sweet and deliciously aromatic when cooked.

Wine pairings-- Both red and white wines can work with this dish.

Vin Blanc: Closerie des Alisiers Bourgogne Blanc

A delicious french white burgundy from 100% chardonnay vinified without oak barrels to preserve the fruit and freshness.

Vin Rouge: Domaine Gaget Beaujolais "Les Galets"

A mouth-watering, fruit forward gamay that is nothing like the dilute tasteless Beaujolais Nouveau you may have had in the past.

Recipe:

2 tbsp extra virgin olive oil

1 tbsp butter

1 chicken cut up or 6 leg quarters patted dry at room temp seasoned with salt and pepper

40 cloves garlic

3-4 shallots sliced thin

1/2 cup dry white wine

1/2-3/4 cup good quality chicken stock

Heat the oil and butter and brown chicken pieces well in large frying pan (about 5-6 min per side). Reduce heat and bury garlic and shallots under chicken pieces. Saute for about 10 minutes, shaking pan every few minutes to soften garlic--do not let garlic burn. Add wine and chicken stock, scraping up any solids from pan. Cover and cook over medium low heat 10-12 minutes or until chicken is finished.

Add salt and pepper to taste. Spoon sauce and garlic cloves over chicken pieces. Serve with rice or couscous to soak up the sauce.