

SOUS VIDE DUCK BREAST WRAPPED WITH SPINACH

FRENCH | 2 SERVINGS

This recipe is rooted in classical cuisine, but uses newer techniques such as sous vide or the use of a thermal whipper to provide differing textures. The duck breast, cooked sous vide, creates a wonderfully moist and tender piece of meat contrasted against the crispy craquelin and roasted duck leg. The smooth puree and airy espuma provide a textural balance to the dish.



CHEF MICHEL COATRIEUX

was born in Issy-les-Moulineaux, France, two miles south of Paris. He attended Ecole Hôtelière in Biarritz, France. He has worked in two three-star Michelin restaurants, Lucas Carton and Taillevent in France, and several restaurants in the United States. Chef Coatrieux also opened his own French cooking school, French Culinary Experience, before coming to Kendall College.

DUCK

1 (4 ½ to
4 ¾ lb.) duck
as needed kosher salt and freshly
ground black pepper
1 cup fresh spinach, large leaves

- Remove the breasts; skin and remove all sinew and fat. Cut the legs in half; only the drumsticks will be used. Keep skin on the drumstick. Cut the bone clean on one side of the leg; on the other side, cut the bone above the cartilage and articulation. Reserve thighs and bones to make stock; grind fat and render.
- For the jambonette, preheat the oven to 350°F. Push the drumstick skin upwards. The skin will envelop the meat; tie closed with butcher twine. In a small sauté pan, sear the drumsticks in rendered duck fat until golden brown. Remove to a small baking dish and roast for 15 minutes. Keep oven on.

- For the craquelin, salt the skin from the breasts. Place in a medium saucepan and roast at 350°F until crisp, about 45 minutes. Small dice the craquelin.
- For the ballotine, blanch the spinach in boiling water for 1 minute. Shock in ice water; drain and pat dry. Lay the leaves flat in a rectangular shape on a piece of heavy-duty plastic wrap. Place the duck breasts on top of the spinach. Using the film to lift, roll the duck breast into a ballotine or cylindrical shape. Twist the ends to seal. Chill the ballotine.
- Place the ballotine in a boilable vacuum bag. Immerse the bag into a sous vide water bath circulator with thermostat set for 132°F. Cook for 40 minutes; hold warm until ready to serve.



45



SOUS VIDE DUCK BREAST WRAPPED WITH SPINACH



RED BURGUNDY

(Pinot Noir-based wine) is a light-to-medium bodied red wine that will balance the richness of this poultry dish while simultaneously allowing the gamy quality of the duck to bridge the fruity and earthy aromatics found in the wine.

VEGETABLES AND GARNISHES

SAFFRON AND GOLDEN BEET ESPUMA

1 cup	golden beets, <i>peeled and diced medium</i>
2 tbsp.	unsalted butter
1 pinch	saffron
½ cup	water

- In a small saucepan, combine all ingredients. Cook over medium heat until beet is tender and water has evaporated, about 20 minutes.
- Puree beets in a blender. Pour puree into cream whipper and charge with 1 cartridge of nitrous oxide. Keep container warm in the circulator.

TURNIP PUREE

1 cup	turnip, <i>peeled and diced medium</i>
1 tbsp.	unsalted butter
¼ cup	water
as needed	kosher salt and freshly ground black pepper
¼ cup	heavy cream, <i>scalded</i>

- Combine the turnip, butter and water with salt and pepper in a small saucepan. Cook over medium heat until turnip is tender and water has evaporated, about 20 minutes. Stir in cream.
- Process in blender to a smooth puree. Keep puree warm in a bowl set over a pan of simmering water.

SLOW COOKED POTATO

as needed reserved rendered duck fat
2 small Idaho potatoes, *peeled*
and tournéed

- Heat oven to 350°F. Toss the potato in rendered duck fat and place in small baking dish. Roast for 15 minutes; keep warm.

PICKLED RADISH

10 breakfast radishes
1 cup water
¼ cup white wine vinegar
1 tsp. kosher salt

- Trim the radishes to ¾ inch in length, keeping the root intact. In a small saucepan, combine water, vinegar and salt; bring to a boil over medium heat. Blanch the radishes for 1 minute; drain and reserve.

RED WINE SAUCE

1 tsp. shallot, *diced finely*
1 sprig fresh thyme
½ bay leaf
¼ cup red wine
½ cup veal demi-glace

- In a small saucepan, combine the shallot, thyme, bay leaf and wine. Reduce over low heat until almost dry, just slightly moist on the bottom of the pan. Remove bay leaf.
- Add demi-glace; cook over low heat until mixture thickly coats the back of a spoon, about 5 minutes. Adjust seasoning; keep warm.

TO ASSEMBLE

- Spoon **TURNIP PUREE** in center of plate and smooch.
- Make three dots of **SAFFRON AND GOLDEN BEET ESPUMA** in descending size on one side of plate; make a few dots of **RED WINE SAUCE** on the other side.
- Cut the ballotine and the **SLOW COOKED POTATO** flat on one end; angle the other end sharply. Arrange over the **TURNIP PUREE**.
- Place the jambonette between the **DUCK** breast and **POTATO**; sprinkle with craquelin.





READY FOR THE WORLD

This cookbook highlights the internationality of Kendall College's award-winning faculty. Our students also come from around the world, with nearly 60 countries represented on campus. One in eight Kendall students is international, which contributes a global perspective to both the classrooms and kitchens.

Our culinary arts students bring their passion to Kendall College and graduate with the skills, knowledge and experience that employers value most. We are proud that Kendall is ranked No. 1 in Chicago for preparing students for careers in culinary arts (TNS Global-2013 Survey).

Kendall graduates are truly ready for the world. In addition to learning from accomplished instructors who use the campus and City of Chicago as living classrooms, students also gain valuable experience in three dining areas on campus—a Michelin-recommended public fine dining restaurant, a quick service restaurant and the school café.

We hope you enjoy this special collection of recipes.



Kendall College
CHICAGO • UNITED STATES OF AMERICA