

Truffle Shuffle

Crispy Skin Duck a l'Orange with Roasted Parsnips

Mise en Place

Plate	Knife	Large saute pan
Paper towels	2 mixing bowls	Large metal spoon
Peeler	2 qt pot with a lid	Pan spray
Cutting board	Whisk	Strainer
Small rubber spatula	Wooden spoon	Parchment or foil-lined sheet tray

Ingredients

2 8 ounce duck breasts	Balinese Truffle Salt, to taste	¼ cup demi glace
1 pound parsnips	2 blood oranges	½ teaspoon whole coriander and black peppercorn
¼ cup canola oil	1 Granny Smith apple	2 tablespoons unsalted butter
Brown Butter Truffle Honey, to taste	3 tablespoons red wine vinegar	

****The Night Before the Cooking****

1. Remove the duck from its packaging and pat dry with paper towels.
2. Place on a paper towel-lined plate and set in your refrigerator (uncovered) overnight to dry out its skin.

Preparation

*****Just before the cooking begins, preheat your oven to 375F. Take the duck out of your refrigerator and set aside at room temperature to temper.*****

1. Trim, peel, and cut the parsnips into batons. Transfer to a mixing bowl and toss with half of the canola oil, a drizzle of Brown Butter Truffle Honey, and a pinch of Balinese Truffle Salt.
2. Spread onto a sprayed, lined sheet tray and transfer to the oven to bake until tender, about 30-40 minutes.
3. Peel and supreme the oranges. Transfer to a strainer set over a bowl and sprinkle with Balinese Truffle Salt to cure.
4. Peel, core, and dice the Granny Smith apple to yield ½ cup diced apple. Toss with a sprinkle of red wine vinegar to prevent oxidation.

How to Cook

1. In a 2 quart pot over medium-high heat, stir together the red wine vinegar, remaining Brown Butter Truffle Honey, and any leftover orange juice until reduced to about 2 tablespoons. Crush the coriander and peppercorn. Add ½ teaspoon of the crushed spices, along with the demi glace and a pinch of Balinese Truffle Salt. Bring to a simmer, then cover and set aside off the heat.
2. Score the duck.
3. Heat the remaining canola oil in a large saute pan over medium-low heat. Season the duck with Balinese Truffle Salt, then add the duck breasts, skin side down, and gently cook until the skin is rendered and crispy, using a large metal spoon to baste with the duck's fat.
4. Flip and add the 2 tablespoons of butter. Turn off the heat and allow the duck breast to finish cooking gently in the butter.
5. Transfer the duck breast to a cutting board to rest.
6. Bring the demi glace sauce to a simmer, then turn off the heat and stir in the diced apple.
7. Plate up the parsnips.
8. Carve the duck into slices and arrange on the serving platter. Drizzle on the sauce and top, along the orange supremes and a sprinkle of Balinese Truffle Salt to finish. Dig in!!