

David Tankersley, Executive Chef Culinary Services, St. Charles Medical Center, Bend:

Seared Breast of Duck with Ginger Sweet Potatoes, Pea Tendrils and Star Anise Red Wine Pear Emulsion

4 8-10oz Duck Breast most of the skin shaved off and scored

2t. fresh chopped thyme

Rendered duck fat

3Lg. sweet potatoes peeled and cubed

3-4T. butter

2T. honey

2t. Sriracha

Ginger juice

2-3oz. Pea tendrils

1oz. blood orange olive oil

To render duck fat, place skin trimmings in small sauce pan and let cook on low heat until skin is browned. Drain off fat and reserve.

Heat 2T. Duck fat in sauté pan, when pan is smoking place breast skin side down and turn down heat.

When skin is brown and crispy, turn over and lightly sear the other side. Remove from heat. Toss breasts with 1T. of duck fat and chopped thyme. Finish duck to desired temperature in oven when ready to serve.

Sweet Potatoes

Cook potatoes in salted water until tender. Force through ricer into a mixing bowl. With a rubber spatula mix in honey, Sriracha, and ginger juice to taste. Season and keep warm.

Ginger juice

Finely chop ginger using a food processor, squeeze juice from pulp and reserve.

For the Emulsion:

1.5c. red wine

3 whole star anise

1t. ginger chopped

1 shallot chopped

1 ripe pear peeled and diced

1/4c. Demi-glace

3T. cold butter

Reduce wine by half, add all ingredients except butter. Simmer 20 min. using a hand blender puree sauce adding butter in pieces.

To plate:

Mound potatoes in center of plate, slice duck and lean on potatoes. Dress pea tendrils with orange oil and salt; place a nest on top potatoes. Spoon sauce over duck, garnish with pear slices and whole cloves of star anise.