

World Gourmet Summit 2003
Culinary Masterclasses

The Cuisine of
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Crispy Duck Schnitzel and Beet, Orange and Arugula Salad



Serves 4

Ingredients

Duck schnitzel:

- 4 duck breast halves, skinned, excess fat trimmed
- 2 Kosher salt and freshly ground black pepper
- ½ cup eggs
- 2 cups freshly grated parmesan cheese
- mixed chopped herbs (parsley, mint, cilantro)
- breadcrumbs, preferably *panko*

Sauce :

- 8 tbsp butter, divided
- ¼ cup hazelnuts, chopped and toasted
- 2 oranges, for zest and juice

Beet, orange and arugula salad :

- 3 large red beets, unpeeled
- 3 large yellow beets, unpeeled
- 1 shallot, minced
- 2 tbsp chives, chopped
- 3 cups arugula
- ¼ cup orange juice
- 1 ½ tsp sherry vinegar

Garnish :

- 1 bunch chives, snipped

Preparation

For the duck schnitzel: Up to 1 day before serving, butterfly the duck breasts – place a breast on a work surface and place your hand on top of it. Using a sharp knife, horizontally (with the knife parallel to the work surface) cut the breast almost in half, leaving the two halves attached along one edge.

Open up the sliced breast and place it between two sheets of plastic wrap. Using a mallet or a heavy skillet, pound gently, starting at the thick center and working your way out to the edge, until the breast is about ¼-inch thick or less all over. Season with salt and pepper. Repeat with remaining breasts, stacking the pounded breasts between sheets of wax paper until the time of cooking.

Method

For the duck: Whisk the eggs, cheese, and herbs together. Spread out the breadcrumbs on a large plate. Heat the oven to 200°C and place an ovenproof platter inside to warm.

Heat a large skillet (work in batches or use two skillets, if needed to avoid crowding) over high heat. Dip one duck breast in the egg mixture, then dredge on both sides in breadcrumbs. Add 2 tablespoons of butter to the skillet and add the breast to the hot pan. Cook until golden brown and crisp (about 4 – 5 minutes; DO NOT let the butter or the coating burn and blacken!) Turn and cook briefly on the other side just until browned, adding more butter if needed. Remove the cooked duck breasts from the pan and keep warm in the oven.

For the sauce: Add 2 tablespoons of butter to the hot skillet you cooked the duck in and melt over high heat. Watch carefully while the butter solids toast slightly, and allow them to turn light brown. When the mixture starts to smell nutty, add the hazelnuts and orange zest and cook for 1 minute, constantly stirring. Then remove the pan from heat, add the orange juice, and return the pan to the heat, boiling the mixture until it has been reduced to a sauce. Season to taste with salt and pepper.

For the salad: Roast the beets up to 1 day in advance – heat an oven to 350°C. In separate roasting pans, or wrapped separately in aluminum foil (to prevent the colors from bleeding onto each other), roast the beets until tender when pierced with a knife (about 30 minutes). When cool enough to handle, peel and dice into bite-size cubes. Just before serving, toss the diced beets with the remaining ingredients.

Serving

Place a duck breast on a serving plate and top with the sauce. Sprinkle with chives. Serve immediately with beet, orange and arugula salad.