

Beau's Lugtread & Marmite Seared Breast of Duck with Green Peppercorn Sauce

No really marmite, I'm not kidding. I mean it's made with made with brewer's yeast & is packed full of umami, that elusive 5th taste. This is a great special occasion recipe. I love it with rich mashed potatoes & a bright green veg like grilled asparagus. You will notice I don't salt the breasts. The marmite is more than salty enough.

serves 4 as a main course

for the duck breast:

4 duck breasts from Ferme Mariposa Farm
2 tbsp marmite
2 tbsp. Beau's Lugtread beer
1 tsp, coarsely ground black pepper

Place the duck breast skin side down in a glass bottomed baking dish. Mix together the marmite, beer & pepper. Rub the paste into the breasts, trying not to get any on the skin.

Place a piece of saran over the breasts & refrigerate for 4 hours, or ideally overnight.

The next day remove the breasts from the fridge an hour before you are going to cook them.

Heat a heavy bottomed pan on medium heat. Place the duck breasts in the pan skin side down and cook slowly. As the breasts start to sizzle they will start releasing their fat. As it accumulates in the pan, pour it off into a stainless steel bowl.

Continue to render the breast until skin is crisp and there is no more fat being released. This will take a good 10 minutes.

Turn the breasts over, cook for one minute & place skin side down on a parchment lined baking sheet. You can do this a day ahead and cover them with saran wrap in the fridge.

for the sauce & to serve:

2 tbsp. rye whiskey
2 tbsp. green peppercorns in brine, drained
1 nice fat shallot, peeled & finely diced
1/4 cup Beau's Lugtread
1 cup roasted chicken -or- duck stock
pinch salt

In the pan the duck was rendered in, add the peppercorns, shallot and rye. Cook for one minute and add the beer.

Cook until the beer is reduced by 2/3 and add the stock. Boil hard until the sauce is thick enough to coat the back of a spoon. Add Salt to taste. Keep warm.

20 minutes before you are going to cook the duck, remove it from the fridge.

When ready to cook, start your Traeger BBQ on Smoke with the lid open until the fire is established (4-5 minutes). Set the temperature to High (450°F) and preheat, lid closed (10-15 minutes).

Place the duck breasts toward the front of the grill grate. Cook for 4-5 minutes on each side for medium rare. It is perfectly fine to eat duck this way. Place in the middle of the grill grate for a few more minutes if you prefer your duck medium or well done.

Remove from the grill and let rest for 3-5 minutes. Thinly slice the duck breast. Serve with the sauce.



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