

World Gourmet Summit 2003

Culinary Masterclasses

The Cuisine of
Floyd Cardoz
Tabla, New York, USA

Seared Hudson Valley Duck with Orange, Date & Raisin Chutney



Serves 4

Ingredients

Chutney :

- 30ml extra virgin olive oil
- ½ cinnamon stick
- 2.5g red mustard seeds
- 1 clove and star anise (each), tied in a cheesecloth
- 225ml orange juice
- 60g apple cider
- 30g dates, sliced
- 60g dry cherries
- 90g dried apricots, quartered
- 30g fresh cranberries, picked and washed
- 1 raisins
- 15g orange for zest
- 1 ginger, julienne
- ¼ bay leaf
- 10g Pasilla chillies, cut into 3 pieces each
- 10g Lucknow fennel
- 150ml apple cider vinegar
- 30g *jaggery*
- salt

Duck breast :

- 2 Hudson Valley duck breasts
- 2.5g black peppercorns
- 2.5g star anise
- 2.5g all-spice
- 15g Kosher salt

Method

For the chutney: In a large *rondeau* heat the extra virgin olive oil add the cinnamon, mustard seeds and spice sachet. When mustard seeds start to crackle, add the orange juice, cider, followed by all other the ingredients except *jaggery* and salt. Simmer until all ingredients are soft. Lastly, season with *jaggery* and salt. Cool and store. The chutney can be preserved for up to a month.

For the duck: Trim any excess fat from the duck breast and score the skin. Grind the peppercorns and star anise to a fine powder, then mix in the all- spice and salt. Marinate the duck for six hours in the spice mix.

Warm a heavy-based skillet over low heat and slowly cook the duck breast, skin-side-down until most of the fat is rendered. Baste with the duck fat and allow to rest before slicing. Serve with chutney.