



CHEF'S EXPRESSIONS

fashionable catered events

Cinnamon Rubbed Duck Breast with Red Cherry Marmalade

6 Duck Breasts- Skin on
1 ½ tablespoon Cinnamon (reserve ½ tablespoon fro marmalade)
½ tablespoon Crushed Star Anise
½ tablespoon Black pepper
1 Tablespoon Coarse Sea Salt
1 cup red pitted cherries
1/8 cup sugar
½ cup Red Zinfandel Wine

Score skin of Duck into small cross hatch marks being sure not to go through to the meat. Rub with spices and salt. Sear in very hot pan (cast iron is best) skin side down until the skin is crisp. Turn over breast for 1 minute and then let breast stand for a while and cool down.

In a food processor, rough chop cherries adding sugar, cinnamon and wine. Reduce in small sauce pan until thickened.

Roast Duck for 10-12 minutes till medium rare and serve with marmalade. Can be served hot or cold.

Coffee Rub

1 cup ground fine coffee- use dark roast beans
¼ cup Sea Salt
12 Cardamom Pods- crushed
1 tablespoon Black Pepper Corns- crushed

In a bowl or Mortar and Pestle blend ingredients together. Rub liberally on Pork or Steak. Grill till desired doneness.