

# CHEF'S RECIPE OF THE WEEK

Courtesy of Ryan Barnett of Bon Appétit at Palm

## Crispy Muscovy Duck Breast with Blackberry Demi and Roasted Root Vegetables

Poultry Recipe Suggestion  
Serves: 4

### Sauce:

- 1 Cup Demi
- 1 Pint Fresh Blackberries
- ½ Cup Port Wine
- ½ Cup Red Wine
- 1 ea. Star Anise
- 2 ea Whole Clove
- 1 ea. Shallot, sliced
- 2 ea. Garlic Cloves, smashed
- 4 ea. Allspice Berries
- Kosher Salt and Fresh Ground  
Green Pepper to Taste

Toast spices in dry sauce pan over medium-high heat until fragrant. Deglaze with wines and reduce by half. Add shallots, garlic, demi and half of the black berries. Reduce to sauce consistency. Season with salt and pepper and strain through a chinois.

### Roasted Root Vegetables:

- 1 ea. Parsnip, peeled
- 1 ea. Carrot, peeled
- 1 ea. Beet, peeled
- ½ ea. Rutabaga, peeled
- 2 ea. Shallot, peeled
- 1 Cup Fingerling Potatoes
- 1 Tab. Chopped Fresh Thyme Leaves
- 1 tea. Chopped Fresh Garlic
- 2 Tab. Olive Oil
- Kosher Salt and Fresh Ground Green Pepper to Taste

Small dice all vegetables, toss with oil, garlic, thyme salt and pepper. Place on a ½ sheet pan and roast at 450 degrees for 10-12 minutes or until tender.



**IRON CHEF  
SHOWDOWN  
2010 RECIPE**

This recipe gained Chef Ryan Barnett of Bon Appétit at Palm into the 2010 Iron Chef Showdown Semi-Finals.

See your MA for details on how to participate in this years event!

### Duck!:

- 4 each Muscovy Duck Breasts, scored
- Kosher Salt and Fresh Ground Green Pepper to Taste
- 2 Tab. Olive Oil

Rub oil on duck breasts and season with salt and pepper. Place duck in sauté pan over medium-low heat skin side down. As duck releases fat, continuously spoon melted fat over the backside of the breast. Do not turn duck over! Render duck fat off of breast and continue basting for 10-12 minutes. Turn up to medium-high and cook until skin is crispy and golden brown. Turn duck over and cook until internal temperature of the duck is 125 degrees. Remove from pan and allow duck to "rest" for 3-4 minutes before slicing.

### Plating:

Slice duck and serve on top of roasted root vegetables; spoon sauce over top and garnish with the remaining fresh blackberries.

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Sysco San Francisco, Inc  
510 226-3000

## Crispy Muscovy Duck Breast with Blackberry Demi and Roasted Root Vegetables (Courtesy of Ryan Barnett of Bon Appétit at Palm)

Serves - 4 for \$79.80

	Plate/Serving	Total	%	
Price:	\$19.95	\$79.80		
Cost:	\$6.81	\$27.25	34.15	
Profit:	\$13.14	\$52.55	65.85	

SUPC	S	Description	Brand	Seq	Qty	Type	Unit Cost	Cost	Percent
9465758		DUCK BREAST SMK MUSCOVY SK\ON	GRIMAUD	1	4.00	EA	\$4.40	\$17.58	0.65
0019566		GLACE DEMI VEAL CONC	SC INTL	2	8.00	OZ	\$0.36	\$2.88	0.11
2225241		BLACKBERRY FRESH	PACKER	3	1.00	EA	\$2.18	\$2.18	0.08
6389019		WINE PORT RED REDUCTION	DUPRE	4	1.00	CP	\$1.14	\$1.14	0.04
3895497		SPICE ANISE STAR	D'ALLAS	5	0.10	OZ	\$2.83	\$0.28	0.01
3964640		SPICE ALLSPICE JAMAICAN	D'ALLAS	6	0.10	OZ	\$2.23	\$0.22	0.01
6651020		GARLIC WHL PLD	SYS NAT	7	2.00	TB	\$0.02	\$0.03	0.00
5846714		OIL OLIVE EXTRA VIRGIN ITALY	AREZZIO	8	4.00	TB	\$0.01	\$0.05	0.00
1171453		PARSNIP CELLO PK FRESH	PACKER	9	0.50	LB	\$1.52	\$0.76	0.03
1390970		CARROT WHL FRESH	PACKER	10	0.50	LB	\$0.61	\$0.31	0.01
1513951		BEET WHL FRESH	PACKER	11	1.00	EA	\$0.83	\$0.83	0.03
1275106		RUTABAGA FRESH	PACKER	12	0.50	LB	\$1.39	\$0.70	0.03
5103910		POTATO WHITE FINGERLING FRSH	PACKER	13	1.00	CP	\$0.12	\$0.12	0.00
2005262		THYME FRESH HERB	SYS NAT	14	1.00	TB	\$0.16	\$0.16	0.01