



Serving Local Northwest Cuisine
at the Metolius River Resort
Roscoe Roberson, Executive Chef
(541)595-6420
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Debut Airs: June 14, 2010



Roscoe Roberson & Host, Donna Britt

RECIPES FEATURED

**Pan Roasted Duck with Mushroom
Risotto & Yam/Ginger Coulis**

**Warm Asparagus with Roasted Garlic
Dressing & Poached Egg**

Pan Roasted Duck with Mushroom Risotto & Yam/Ginger Coulis

2 duck breasts approx. 5-8 ounces each

3 cups arborio rice

3 cups of wild mushrooms

1 cup white wine

4 quarts of chicken stock/broth

2 ounces of butter

Chopped parsley

2 cups of arugula

Coulis:

Two large yams

1/2 cup of honey

1 thumb of fresh ginger

1/2 cup OJ

evoo (extra virgin olive oil)

Salt



Pan Roasted Duck with Mushroom Risotto & Yam/Ginger Coulis (cont.)

Bring chicken stock to a simmer. Rub yams with a bit of oil and salt and put them in a 300 degree oven to roast until soft about one hour.

Bring a large open saute pan to heat on the stove and butter and then shallots and garlic. Cook until translucent but not brown. Then, add rice and stir slowly until all the oil is absorbed. Add wine and stir until absorbed. Start adding chicken stock one or two ladles at a time and stir until absorbed. Meanwhile score the skin of the duck breasts with a sharp knife and add to a lightly oiled cold pan and set over medium high heat. Let the ducks skin start to render and crisp up. Keep adding ladles of chicken stock to the risotto and stirring gently. When the skin is rendered and crispy, drain some of the fat from the pan and turn the breasts over and turn heat to medium low. Allow the ducks to keep cooking until medium rare/medium and let rest. When the risotto is getting creamy but still firm add the mushrooms and continue to stir. When the risotto has just the slightest bit of firmness to the bite and is creamy and rich take off heat and add parsley, another tablespoon of butter and a few tablespoons of cream (optional).

Coulis:

Peel the skin off of roasted yams and place them into a food processor. Add ginger and honey and OJ and start to blend. Slowly drizzle in oil until smooth. Adjust seasoning if necessary.

To serve:

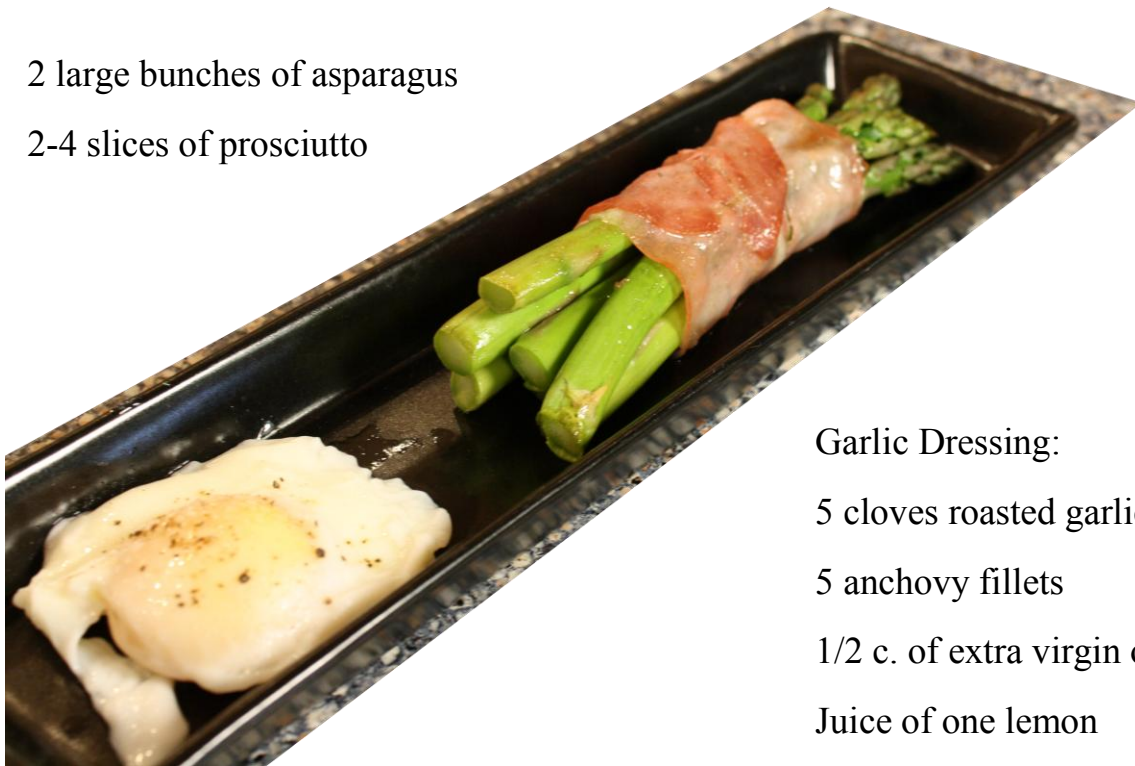
Make a large circle with the coulis in a bowl. Add the risotto in a mound in the middle. Fan out duck breast with a very sharp knife and

place on top of risotto. Toss arugula with a light dressing and mound on top of duck and risotto.

Warm Asparagus with Roasted Garlic Dressing & Poached Egg

2 large bunches of asparagus

2-4 slices of prosciutto



Garlic Dressing:

5 cloves roasted garlic

5 anchovy fillets

1/2 c. of extra virgin olive oil

Juice of one lemon

Preheat oven to 300. Bring one stock pot of salted water to boil. Add asparagus to water and cook until just tender. Place cooked asparagus in an ice water bath. Take two bunches of asparagus and wrap each one into a bundle with the slices of prosciutto. Meanwhile put roasted garlic and anchovy fillets into a blender or food processor and pulse until combined then turn on high speed and slowly drizzle in evoo until emulsified. Adjust seasoning and add lemon juice. Bring a small pot of water to a simmer and add one teaspoon of white wine vinegar. Crack two eggs into individual ramekins. Place the bundles of asparagus into a

RECIPES

lightly oiled pan and place into oven. Roast until warmed through and the prosciutto is lightly browned. Poach each egg one at a time. Place asparagus bundles on plate and dress with the roasted garlic and anchovy sauce. Place poached egg next to each asparagus bundle and enjoy!!!