



THE MEAT HOUSE: 60+ Minute Recipe

Your Neighborhood Butcher

GRILLED DUCK BREASTS WITH BACON SCALLION RISOTTO

Yields: 4 Servings

- 4 duck breasts - skin on
- 1 large can chicken broth (64 ounces)
- 8 strips North Country smoked bacon
- 1 package dried porcini mushroom
- 2 clusters of scallions
- 4 ounces sharp Romano cheese
- 1 cup Arborio rice (risotto rice)
- 1 small yellow onion
- ½ stick of butter, olive oil, sage, salt, pepper

Instructions

Pour the stock into a medium sauce pan and warm gently on medium heat. Rinse the dried mushrooms in cool water and then add to 1 cup water in a small sauce pan. Bring to a simmer and cook for 20 minutes. Dice the bacon strips and add to a hot skillet. Cook until crispy and then drain in a colander. Reserve for later. Prepare the duck breasts by diagonally slicing the fatty skin almost to the meat. Space the slices about ¼ inch apart. Coat them in olive oil, season with salt, pepper and ground sage then set aside to warm. Prepare the following and set each aside in a separate bowl: Cut the scallions in ¼ inch pieces using about half the green stem. Dice the yellow onion. Either finely dice, or grate the Romano cheese. Melt ½ stick of butter in a 4-6 quart sauce pan over medium heat. Add the yellow onion and stir until translucent. Add the Arborio and continue to stir for 5 minutes to brown the grain. From here you will be stirring constantly. Slowly begin adding the chicken stock to the rice in small doses. ¼ to ½ cup at a time will do fine. Make sure most of the broth is absorbed or evaporated before adding more. After 15 minutes, stir in the mushrooms. Continue adding broth and stirring until the rice is al dente. The Arborio will not be crunchy, it'll be firm to the bite, but not mushy. Taste test often after 20 minutes. When the risotto is al dente, stir in the scallions and Romano, then top



Options

- The whole meal can be prepared indoors if you can sear the duck.
- A kitchen torch can help the presentation and impart some grill flavoring to the meat.

with the crispy bacon. Then cover the pot and remove it from the heat. Set the pot somewhere to stay warm. Pre-heat your grill to high, brush and oil the grates. Add the duck breasts skin side down. Grill for 5 minutes then turn. Be mindful of flare ups as the dripping fat can catch fire. If flare ups occur, just move the breasts away from the flame. Grill an additional 2-3 minutes, or to desired doneness, and remove from the heat. Serve within 5 minutes.

For store locations, recipe ideas or to shop online visit:

www.TheMeatHouse.com