



MORRIS INN
NOTRE DAME

COOKING SCHOOL



OVEN ROASTED DUCK, RED CABBAGE, BREAD DUMPLINGS

Serves 12

DUCK

- Six whole ducks
- 1 lbs gizzards and hearts
- Carrot, onion, celery root (*mire poix*)
- Bay leaf, cloves, peppercorn, juniper berries
- Two gallons duck stock or brown chicken stock
- Bottle red wine
- Brown roux
- Salt, pepper, rubbed sage, Chinese five spice, paprika powder
- Dried porcini
- Rubbed sage
- Wooden skewers

BRAISED CABBAGE

- Two heads red cabbage, cores removed, sliced thinly
- Two red onion, sliced into julienne
- 1 cup sugar
- 1 cup Arborio rice
- 1 cup duck fat
- 2 apples, peeled, cored and diced
- 1 cup red wine vinegar
- Apple juice
- Orange juice
- Red wine
- Salt, pepper, cloves, bay leaf, 2 cinnamon stick

BREAD DUMPLINGS

- Six day old bagels or same amount of stale bread
- 3 slices of Rye bread
- 1 onion, diced
- 6 slices of bacon
- 1 bunch chopped parsley
- Salt, pepper
- Milk, whole eggs

DUCK PREPARATION

Remove gizzards from duck and save for sauce, trim wings, save for sauce, salt duck inside and out, season with pepper and sage on INSIDE only, rub outside with Chinese five spice and little paprika and ground porcini, close cavity tightly with wooden skewer. Cook ducks at 375 F for 1:20 to 1:45 or until skin is crispy and pulling back from leg and wing bones. Cool to room temp and debone cooked duck, remove rib bones and wishbone from inside of breast and femur bone from leg. Reserve all bones for sauce.

Brown gizzards, necks, wings and bones, add mire poix, brown some more, add wine and stock, simmer for two hours, add spices, simmer for half hour, strain and thicken with brown roux.

RED CABBAGE PREPARATION

Caramelize sugar to golden, add onions and duck fat and rice, sauté, add cabbage and all other ingredients (liquids in equal amounts enough to just cover the cabbage)

Place cloves, bayleaf and juniper and pepper in cheesecloth or coffee filter)

Simmer open for 2 hours, when liquid reduces too quickly, cover and simmer.

BREAD DUMPLING PREPARATION

Dice bread and bagels, slice/dice bacon, brown in sauté pan, add onions, brown some more, add into diced bread, add all other ingredients (milk and eggs in equal amount enough to soften bread and make it stick together)

Shape into roll with plastic, then roll plastic in aluminum into a tight, even roll, poach in simmering water for 20 minutes, cool in fridge, unwrap and cut into slices when cold, sauté in butter both sides to serve.

NOTES:
