



"Beer Braised" Duck Pot Roast

PAPER & FOOD SERVICE, INC.

Ingredients	Yield: 6 serving
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Duck Pot Roast

- 1 Tlb. Olive oil
- 12 ea. Duck legs, boned, skinned, and tied into small "roasts"
- 12 oz. Onion, yellow, medium dice
- 6 oz. Carrots, medium dice
- 6 oz. Celery, medium dice
- 2 Tlb. Flour, AP
- 24 oz. Beer
- 32 oz. Glace De Canard (Duck Stock)
- 2 c. Veal stock
- 12 ea. Canned whole tomatoes, drained, reserve tomato juice
- 1 Tlb. Fresh sage, chopped

Garnish

- 2 # Fennel Bulb, 12 ea. 1/2 " wedges
- 2 # Onion, yellow, 12 ea. 1/2 " wedges
- 12 oz. Carrots, oblique cut
- 12 oz. Parsnips, oblique cut
- 12 oz. Celery, peeled, batonnet
- 18 ea. Shiitake Mushrooms, halved
- Soft Polenta
- 24 oz. Chicken stock
- 8 oz. Milk, whole
- 8 oz. Yellow corn meal
- 2 oz. Parmesan cheese, grated
- t.t. Salt
- t.t. Black pepper, café
- t.t. Nutmeg, ground

Preparation Instructions:

1. In a large pan, brown duck in oil; remove from pan. Add onions, carrots, and celery: caramelize well. Stir flour into vegetables. Add duck and veal stocks, tomatoes, reserved juice and sage. Bring to a simmer, add duck, cover and braise in 350 degree oven until tender. Remove duck and whole tomatoes from liquid, strain and reserve liquid separately. Cool duck; remove strings when cold. Cut each "roast" into 2 or 3 pieces.
2. Remove fat from surface of braising liquid. Pour liquid into large saucepot and simmer garnish vegetables, each separately until all are tender. Quickly cool cooked vegetables by spreading on cold sheet pan and place in refrigerator. Strain liquid, reduce to light sauce consistency, yielding about 36 ounces.
3. To make the polenta, combine liquids and bring to a boil. Slowly add corn meal to liquid while stirring with a whisk. Continue to cook mixture until thick, but still flowing, stirring constantly, approximately 15-20 minutes. Add seasonings and remove from heat and stir in cheese. Place polenta in stainless container, cover tightly and hold in hot water bath for service.
4. To serve heat 6 oz. Sauce with 2 duck legs, 2 pieces each of onion and fennel, 5 pieces of celery, parsnips and carrots, and 6 mushroom halves. When meat is hot, check sauce consistency. Adjust sauce as needed with additional stock. Place 4 oz. Polenta in the center of a large rimmed bowl: top with duck and place sauce and vegetables around edges of polenta.

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Olive oil	Trifoglio	370861	1 Tlb.	\$0.07
Duck Legs	Maple Leaf	117208	12 ea.	\$25.02

Onion, yellow	Fresh	O97502	12 oz.	\$0.26
Carrots	Fresh	O97094	6 oz.	\$0.06
Celery	Markon	O97135	6 oz.	\$0.19
Flour, AP	Gold Medal	381254	2 Tlb.	\$0.02
Beer	N/A	N/A	24 oz.	\$2.00
Blace De Canard (Duck Stock)	Bonewerks	O79978	32 oz.	\$31.03
Veal stock	Bonewerks	O79979	2 c.	\$15.59
Canned whole tomatoes	Bountiful Harvest	225685	12 ea.	\$1.57
Fresh sage	Fresh	O97292	1 Tlb.	\$0.12
Fennel Bulb	Fresh	O97192	2 #	\$2.40
Onion, yellow	Fresh	O97502	2 #	\$0.69
Carrots	Fresh	O97094	12 oz.	\$0.12
Parsnips	Fresh	O97535	12 oz.	\$0.82
Celery	Markon	O97135	12 oz.	\$0.38
Shiitake mushrooms	Fresh	O97452	18 ea.	\$2.70
Chicken stock	Katy's Kitchen	289336	24 oz.	\$2.40
Milk, whole	Crowley	O94200	8 oz.	\$0.26
Yellow corn meal	Aunt Jemima	381257	8 oz.	\$0.29
Parmesan cheese, grated	Grande	O11115	2 oz.	\$0.63
Salt	Katy's Kitchen	340620	t.t.	\$0.03
Black pepper, café	Culinary Secrets	345631	t.t.	\$0.05
Nutmeg, ground	Culinary Secrets	345497	t.t.	\$0.06

Recipe Cost	\$61.16
Portion Cost	\$10.19

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$25.95	\$10.19	\$15.76	39.27%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$29.95	\$10.19	\$19.76	34.02%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$34.95	\$10.19	\$24.76	29.16%

