

# Seasonal Sensations from Ontario's Sommeliers

## Crispy Duck Egg à la Bourguignonne

### PART I

"This is my favourite fall recipe to pair with wine. I selected two wines, a white and a red, to pair with this complex and versatile dish. It requires a bit of patience and ambition, but this beautiful dish is well worth it."

- Drew Walker, Wine Director, Café Boulud, Four Seasons Hotel Toronto, @CafeBouludTO  
Tyler Shedden, Executive Chef, Café Boulud, Four Seasons Hotel Toronto, @tylershedden  
Daniel Boulud, Chef and Restaurateur, @DanielBoulud

### INGREDIENTS:

2 kg beef trimmings (cut into 5cm chunks)  
750 ml red wine  
200 ml port  
3 L veal stock  
175 g butter  
1 medium carrot (sliced)  
2 medium onions (sliced)  
3 stalks celery (sliced)  
3 cloves garlic (crushed)  
1 roma tomato (diced)  
8 button mushrooms (sliced)  
4 g black peppercorns  
2 bay leaves  
250 g baby spinach (washed)

250 g green watercress (washed with large stalks removed)  
300 ml heavy cream  
2 torpedo shallots  
6 cipollini onions  
250 g kosher salt  
6 duck eggs  
100 g all-purpose flour  
2 chicken eggs (whisked)  
200 g bread crumbs (fine ground)  
18 pc extra small button mushrooms  
150 g smoked slab bacon (cut into 18 lardons)  
6 clean duck livers  
¼ bunch flat leaf parsley (chopped)  
Fleur de sel

### INSTRUCTIONS:

1. In a heavy bottom pot, sear the beef trimmings on medium high heat in the butter until dark, golden brown on all sides.
2. Add the onions, carrot, celery, mushrooms, garlic, tomato, peppercorns and bay leaves and cook until golden brown.
3. Pour off as much fat as you can from the pot and discard.
4. Deglaze the pan with the red wine and port and reduce to a syrup consistency.
5. Add the veal stock and bring to a boil.
6. Turn the heat down to a slow simmer and cook for 1.5 hours.
7. Remove the fat off the top with a ladle and strain through a fine chinois into a clean pot.
8. Bring back to the boil and reduce on medium heat to the desired consistency, you should end up with around 700 ml of jus.

### #WINEPAIRING

#### Pair with Ontario Gamay or Chardonnay

Drew Walker suggests:  
Stratus 2012 Gamay,  
Niagara Lakeshore or  
Hidden Bench 2011 'Tête  
de Cuvée' Chardonnay,  
Beamsville Bench





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## Crispy Duck Egg à la Bourguignonne PART II

For Spinach and Watercress:

1. Bring a large pot of salted water to a boil.
2. Blanch the spinach for 45 seconds and remove to an ice bath to cool.
3. Blanch the watercress for 4 minutes and remove to an ice bath to cool.
4. Remove both from the ice bath and squeeze all of the water out.
5. Chop both fine, mix together and reserve in the refrigerator.

For Reduced Cream:

1. Reduce the cream in a heavy bottomed pot on medium heat to approximately 150 ml.
2. Cool and reserve in the refrigerator.

For Shallot Confit:

1. Brunoise the shallots.
2. Place the shallots in a pot and barely cover with olive oil and season with salt.
3. Bring to a simmer and cook slowly for 1 hour.
4. Cool and store in the refrigerator.

For The Cipollini Onions:

1. Pour salt on a small baking tray and place onions (skin on) on top of salt.
2. Bake at 180°C until soft.
3. Cool, peel and cut into quarters.
4. Reserve in the refrigerator.

For Duck Eggs:

1. Bring a large pot of water to a boil.
2. Gently lay the duck eggs in the boiling water and cook for 5 minutes exactly.
3. Remove the eggs from the water into an ice bath to cool completely.
4. Peel the eggs carefully and rinse all the bits of shell off.
5. Roll the peeled eggs in flour until completely coated.

6. Transfer to a bowl with the whisked chicken eggs to coat completely.
7. Transfer to a wire rack for 1 minute to drain off the excess egg.
8. Transfer the eggs to a pie plate with the bread crumbs and cover fully.
9. Store in the refrigerator.

### TO FINISH:

1. Season the duck livers with salt and fresh ground pepper on each side.
2. On high heat, sear the livers for 10 seconds on each side, remove from the pan and rest, cut into 18 pieces total and reserve.
3. Heat the watercress and spinach mixture with the shallot confit and 100 ml reduced cream and season with salt and pepper.
4. Deep fry the breaded duck egg at 180°C until golden brown and let rest for 3 minutes.
5. In a pan on medium heat, sauté the lardons until crispy, then add the mushrooms and continue to cook.
6. Add the cipollini onions and bordelaise jus to the bacon and mushrooms.
7. Add the parsley, chicken livers and fresh ground white pepper and remove from the heat.
8. Place a spoon full of the watercress mixture in the middle of a bowl.
9. Divide the mushrooms, lardons, onions, and livers equally around the watercress in the bowl.
10. Spoon some of the bordelaise jus around the bowl.
11. Quickly cut off the top 3 cm of the crispy egg (be careful the yolk doesn't run out!) and place directly on top of the watercress.
12. Season with fleur de sel and fresh ground pepper.