

Consider the lowly duck

Duck adds sophistication and subtlety to your menu—and it's not at all hard to prepare . . .

Duck has long been a favorite menu item. Duck has even been recorded in cookbooks of ancient Greece and Rome. In the Orient a famous breed comes from Peking. The best ducks in the West came from the French region of Rouen, Nantes and in the low lands of Northern Europe.

Long Island, however, became the source of the finest Peking varieties, and today Long Island ducks are served in every country in the world. In 1960, the duck farms on Long Island formed the Long Island Duck Farmers Cooperative, Inc., which today processes and markets over 90 per cent of the ducklings raised on Long Island; this percentage represents over 70 per cent of the national production of commercially grown ducks.

Following are recipes for duck.

ROAST DUCKLING WITH WHITE TURNIPS

- 4 6-pound Long Island ducks
- 2 pounds vegetable greens
- 1 pint meat stock
- 1 cup brown veal gravy (demiglace)
- 2 tablespoons cornstarch
- ½ cup sherry wine
- Chopped parsley
- 4 pounds white turnips

Roast well-seasoned ducks for 1 hour in a very hot oven (400° F). When half done, drain off excess fat and add diced soup greens. Reduce heat and finish duckling until well done. Remove from pan and set aside. Add meat stock and demiglace to roasting pan. Bring to a boil; strain; add sherry

wine and thicken with cornstarch. Season to taste. Cut duckling to portion size. Place on the glazed turnips. Pour sauce over duckling and sprinkle with chopped parsley.

GLAZED WHITE TURNIPS

Skin turnips and cut in uniform, oval, pecan-size pieces. Boil and glaze with fresh butter and sugar until well done. Sprinkle with salt and chopped parsley.

ROAST DUCKLING

BELLE HELENE

Stuff an oven-ready duckling with a preprepared bread stuffing such as the Pepperidge Farm variety or with the more conventional half bread and half liver force meat recipe found in most cookbooks for quantity food preparation. Roast in 350° to 400° oven. Remove the duck from the roasting pan. Pour off excess fat. Add sherry wine and preprepared brown gravy. Simmer until the sauce reaches the desired consistency. Strain. Correct seasoning. Bake and glaze halves of small whole apples. Cut the duck in eight pieces. Put the pieces over the stuffing in a serving dish. Coat with the strained sauce. Garnish with the baked apples. Decorate with a sprig of watercress. Serve hot, one piece of leg and one piece of breast as a portion.

DUCKLING WITH CHERRIES MONTMORENCY

Brown the duckling in a roasting pan until it is nearly done. Remove from pan and place into a deep braising dish. Surround with pitted cherries. Remove excess fat. Dilute the pan juices with Madeira

wine. Add brown stock. Correct seasoning. Pour over the duck and cherries in the braising pan. Simmer until desired consistency. Serve hot, preferably in the same container. It is sometimes called a *cocotte*. One may also dilute the pan juices with sherry wine and brown sauce, add lemon juice and some currant jelly before straining and pouring over the roast duck and pitted cherries on the serving dish. This method is more convenient for quantity and portion-control because the duck, the garniture of cherries and the sauce are assembled at the last minute.

ROAST DUCKLING WITH SLICED ORANGE BIGARRADE

- 3 or 4 5½ to 6 pound Long Island ducklings
- Salt and pepper
- 2 pound vegetable greens
- 1 pint meat stock
- 2 cups demiglace (brown veal stock)
- 6 oranges
- 2 tablespoons lemon juice (or vinegar)
- 3 teaspoons currant jelly
- 1 cup sherry or white wine
- 4 teaspoons cornstarch
- 12-15 maraschino cherries

Chopped parsley

Roast well-seasoned ducks in very hot oven (400° F). When half done, drain off excess fat. Add diced soup greens. Reduce heat and finish ducks until well done. Remove from pan and add meat stock, demiglace, juice of the



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oranges and lemon (or vinegar), and currant jelly. Strain and add sherry wine and previously cooked julienne of the orange skin. Thicken with cornstarch. Season to taste. Cut the duckling to portion size and place orange sections and half-cut maraschino cherries on top. Pour gravy over the ducks and sprinkle with chopped parsley. With smaller size ducks serve half to each person.

DUCKLING AUX OLIVES

Roast the duckling until three-quarters done. Remove from the pan. Pour off excess fat. Add one-third white wine and two thirds light brown stock to the pan juices. One may use a brown sauce or Espagnolle instead of the stock, but in any case continued simmering is used to control the texture and consistency of the sauce. Although the seasoning will tend to sharpen as the sauce gets thicker, it can be corrected at a later stage of the preparation as in the case of all cooked down and strained sauces. The addition of the final flavoring ingredients always determines the refinement of the sauce. After the addition of wine and stock strain the sauce, add the desired quantity of pitted and blanched olives, pour over the duck or duck pieces, and finish cooking. For better quality control, the sauce and the roast duck may be prepared separately. They are assembled shortly before serving time in portions of predetermined sizes and according to orders from the dining room.

ROAST DUCKLING

PERIGOURDINE

This recipe is designed for luxury service, for a la carte and for special catered parties. Although expensive, it belongs on the menu of any good restaurant. Duck Perigourdine may be used as a stamp of quality for the rest of the menu. As such it may cause a rise in the check average, and ultimately lower the food cost ratio. Roast the duckling. Keep it slightly underdone. Remove from the pan and cut the breast meat into thick slices. Saute fine slices of truffles in butter. Alternate and overlap

slices of breast meat and truffles on the serving dish. Deboned leg meat may be used as a base for this arrangement. Keep hot. Remove excess fat from the roasting pan. Moisten with port, sherry wine or Madeira wine. Add brown stock or a fine veal stock. Simmer until desired consistency. Correct seasoning. Strain. Add brandy and melted butter to flavor. Pour over the breast meat and truffle arrangement. Heat and serve. Breast slices may be described on the menus as fillets, supremes or as aiguillettes.

ROAST DUCKLING ALSATIAN STYLE

Brown the duckling in a roasting pan and add to the usual seasoning a small amount of chopped parsley and shallots (freeze-dried). Moisten with a dry white wine and chicken stock base. Roast slowly until cooking is completed. In a separate pan, braise the desired quantity of sauerkraut and improve the flavor with diced salt pork or bacon. When it is almost done, moisten with white wine and a little beef or chicken stock base. Remove the duck from the pan. Cut portion-size pieces. Place in the center of a serving dish. Surround with sauerkraut and pork or bacon garniture. Simmer the pan juices to desired consistency. Correct seasoning. Pour over the duck pieces and serve. (Smoked sausage may be added to the sauerkraut garniture.)

BARBECUED DUCK, CHINESE STYLE

Truss the duckling. Season with oil, salt and pepper. Insert the spit rod of a rotisserie with skewers or prongs to hold the legs and wings tightly. Broil and baste with a thick sauce made as follows. In a saucepan combine liquid honey or molasses with soy sauce, sherry or port wine and garlic powder. Cook over low heat for five minutes. Baste the duck frequently until done. The cooking process will last approximately 2 hours for a 5-pound duckling. In making the sauce the relative quantity of the basic ingredients can be varied according to taste, but basting must be frequent in order to coat the duck with a tasty dark crust when it is removed from the spit. One may also reach a sim-

ilar effect by roasting the duck in a hot oven. It is placed on a rack in a roasting pan and cooked under high heat. Turning the duck, once or twice on its rack, will insure a proper coloring and allow the basting sauce to flavor it as in the rotisserie. Those who like a crisp and tasty skin without the fat generally associated with duck meat should buy the preprepared Peking ducks sold ready-for-roasting in specialized Oriental stores.

FILLETS OF DEBONED DUCK MEAT GOURMET

These serving ideas are based on the use of roast duck and its cooking juices as the two basic components. They could be substituted by precooked and portion-control deboned duck meat and the use of preprepared sauces finished separately for assembly with the duck slices at serving time. The trend is towards pre-preparation of basic components for any dish. The new system applies to gourmet style cookery because it permits a high degree of quality and cost control by the commercial head-chef. It is also the way towards labor-saving methods of preparation.

Arrange the deboned slices of dark meat on a serving platter. Cover with fillets of breast meat overlapping and alternating with fine slices of sauteed truffles, orange slices, pitted cherries, black olives or topped with small mushroom caps, depending on the style of the finished dish listed on the menu. If the dish is au porto, arrange the meat on diamond shaped croutons sauteed in butter. Add port wine to the cooking juices as explained in previous recipes taking care of pouring off excess fat before adding the wine. Cook down and pour over the meat. Heat and serve. If the dish is a l'orange finish the orange or bigarrade sauce as in the recipe for the roast duck, place a few blanched strips of orange peel on the fillets, and pour the sauce over the garniture and duck meat. Heat and serve. More sauce bigarrade should be served separately in a sauce boat.

In restaurants where the check average is high, one may reach a favorable food cost ratio with

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Superintendents: checklist for March

As the golf season gets ready to step up to the first tee a friendly superintendent submits this list which any super might well take as a checklist of things to do before the season starts. Along with the tip our amiable super also writes as a footnote, "If anyone actually gets all the items that apply to them checked off he deserves some sort of public commendation."

Here's that March check-off list:

- All mowers sharpened, set up and ready to go
- All vehicles running and operational
- Season's supply of fertilizer, chemicals and seed on hand (or ordered)
- Water systems A OK
- All tee benches and washer pipes painted
- Course cleaned of all trash and debris
- Club, pro shop and barn grounds raked and cleaned
- Roads graded and holes filled
- Golf car paths clean and clear, sealer applied on blacktop
- Traps fan raked of trash and leaves, edged if needed
- Damaged or down trees disposed of
- Signs, scorecard boxes, markers, benches, flags, trap-rakes, trash cans, water coolers, ball scoops, hole cups ready to be put out
- Drains and brooks clear and running
- Fungicide spray on greens when clear of snow (tees, fairways)
- Greens checked for damage by skaters, dogs, cars—small areas hand topdressed or patched
- Apply water with sprayer/sprinklers to areas if weather conditions indicate—(Hiwind & dry)
- Apply wetting agent to greens and tees
- PH checked and lime applied, if necessary
- Fertilize areas necessary in your program
- Apply sodium arsnite in strip around trees for no trimming the rest of the season
- Mow greens with brushes / verticut lightly if conditions indicate
- Fertilizer and spraying program planned out and on paper
- Contact/hire seasonal help
- Dig holes for new trees
- Make written report to chairman on condition of course, plans for the season, labor situation and recommendations for policy changes, if needed; tentative opening date
- Plan to start and finish any construction by May 15, June 1st at the latest
- Take soil tests to indicate possible deficiencies in P or K, make application of sulfate of potash or super phos. to correct deficiency or use fertilizer high in deficient elements
- Repair all leaks, weeps or seeps in water system . . . raise or lower QC valves as needed . . . locate all QC valves and clear around fairway valves . . . paint
- Remove protruding stones from rough and fairway that are loose from the frost . . . also around tee benches, paths
- Put No Trespass signs up in trespasser traffic areas
- Paint and repair outbuildings and pump houses
- Put material, bought in bulk, in container of handling size (put wetting agent in quarts, weed killer in gallons)

Duck

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recipes such as fillets or supremes of duck Perigourdine. The slices are carefully arranged on fried croutons lightly coated with gooseliver pâté. Slivers of truffles are alternated with the overlapping slices on top of the croutons, and kept ready for coating with processed pan juices flavored with Madeira, port or sherry wine.

In the fancy food section of the menu one should also try a recipe for deboned duckling in crust. A meat stuffing is preferred but the new, preprepared varieties may also be used as a base for any recipe. Once stuffed, the duck is trussed, browned, wrapped in pastry dough, decorated and baked in a moderate oven. The availability of frozen, preprepared pastry dough of high quality makes this dish more accessible to chefs working within the usual food cost ratio. The decoration of the dough makes the finished dish a magnificent buffet centerpiece.

DUCKLING AUX CHAMPIGNONS

Cut the raw duckling into serving pieces. Oil and season. Brown in a skillet and remove the pieces to a roasting dish. Place into the oven at moderate heat. Pour off excess fat from the skillet. Add chopped onions and sliced green or red peppers. Season with garlic powder. Sauté until onions are cooked. Add diced carrots, celery and drained canned tomato pieces. Flavor with a little thyme and bay leaf. Shortly before serving sauté sliced mushrooms in butter or shortening. Mix with the vegetable composition in the skillet. Heat and pour over the duck in the roasting pan. Cover and bake. Serve with steamed rice or buttered noodles. This recipe can be changed easily by a variation of the ingredients used to make the sauce. Pitted black olives may be added to or substituted for the sliced mushrooms. Garlic may be omitted or replaced by another flavoring such as oregano. On the menu, the dish can be listed as duckling Mediterranean style, Spanish style or a l'Italianne. A bland, starchy food should be served with it. □