

## The Tilghman Island Inn

### Duck with Shiitake Garlic Mousse with a Fess Parker Strawberry Syrah Beurre Rouge

4 duck breast halves skin on

Marinade

2 cups Fess Parker Syrah

6 cloves of garlic

¼ tsp. lavender blossoms

1 tsp. fresh thyme leaves

1tsp cracked black pepper

Marinate at room temp for 2 hours. Render fat at low temperature- Place breast skin side down in a non stick sauté pan. Place over low heat (low enough not to cook the duck) for about 8 -10 minutes to extract some of the fat. Let cool then, remove sections of skin about ¼ “ wide leaving some skin between each section, season breasts with salt and pepper set aside

Mouse

2 cup shiitake caps sliced

1 Tbs. Chopped shallots

2 Tbs. Duck fat

½ tsp fresh thyme leaves

¾ cup heavy cream

2 egg whites

¼ cup chopped fresh parsley or chervil leaves

Strain marinade reserve, add solid to ½ cup cream reduce by half. Sauté mushrooms with shallots in duck fat. Add ¼ cup marinade reduce till syrupy. Place mushrooms, cream and thyme in the work bowl of the blender; add reserved cream. Process until smooth. Beat eggs white until stiff but not dry. Add a little ¼ cup dry bread crumbs or Japanese bread crumbs (Panko). Salt and pepper to taste.

Sear seasoned breasts, place on greased sheet pan. Fill spaces where skin has been removed with mousse. Roast to medium rare 5-6 min. in conventional over. Remove keep warm, let rest 5 min.

Make Sauce while Duck is Roasting & Resting:

Remaining Marinade

1 tsp. Shallots

8 strawberries diced

¼ cup cold butter cubed

3 TBS Balsamic Vinegar

2 tsp Cracked Black Pepper

Reduce remaining with salt and pepper adds a tsp. Shallots until syrupy. Add diced strawberries, whisk in butter, off the heat, place briefly back on heat if butter stops melting forming a light beurre rouge. The last piece of butter just melt. Keep warm over indirect heat.

Garnish 4strawberry halves, 4 sauteed baby carrots

Plate with rappini or sautéed greens such as mizuna. Top with breast sliced through skin sections or whole. Pool sauce by the breast. Garnish with strawberry halves and carrots .  
Optional: streak with balsamic vinegar reduced by half over medium heat.