

Suzanne Goin

Suzanne Goin is the chef and owner of Lucques, A.O.C., and Tavern in Los Angeles with her partner Caroline Styne. Goin was honored by the James Beard Foundation as “Best Chef: California” in 2006. Her cookbook “Sunday Suppers at Lucques” won the award for “Best Cookbook from a Professional Viewpoint.”

Suzanne Goin was nominated for the James Beard National Outstanding Chef Award for the past two years and once again in 2010.

Glazed Duck Confit with Black Rice, Pea Shoots, & Cherries

Black Rice Ingredients:

2 tablespoons extra-virgin olive oil
1 cup diced onion
2 teaspoons thyme leaves
1 bay leaf
1 dried chili d’arbol
2 cups black rice
1/2 cup white wine
2 tablespoons unsalted butter
6 ounces baby spinach or mizuna

Method:

Heat a large sauce pan over medium heat for 1 minute. Swirl in 2 tablespoons olive oil and add the onions, thyme, bay leaf, and chili. Cook, stirring often, 3-4 minutes, until the onion is translucent. Add the rice, stirring to coat it in the oil and toast it slightly. Add the white wine and reduce by half. Add 10 cups water and 2 1/2 teaspoons salt and bring to a boil. Turn the heat down to low and simmer about 40 minutes stirring occasionally, until the rice is tender, but slightly “al dente.” When the rice is almost done, stir continuously about 5 more minutes, until all the liquid has evaporated. Discard the chili and bayleaf. Season with a few grindings of black pepper. Stir in 2 tablespoons of butter and taste for seasoning. Quickly stir in the spinach until just wilted.



Savory Cherry Compote Ingredients:

1/2 bunch thyme
2 bay leaves
2 dried chilis d’arbol
3 star anise
1 cinnamon stick
1 teaspoon black peppercorns
1/4 cup granulated sugar
1/2 cup port
Juice of 2 oranges
1 1/2 cups pitted cherries, about 1/3 pound
1 tablespoon unsalted butter

Method:

Make a sachet with the thyme, bay, chilis, star anise, cinnamon stick, and peppercorns. Place the sugar and 1 cup water in a medium sauce pan. Bring to a boil over medium high heat and then add the port, orange juice, and the sachet. Turn down to a simmer and add the cherries. Poach the cherries 8-10 minutes, until just tender. (The cherries should retain their shape, so don't overcook them.) Strain the cherries over a bowl and return the liquid to the sauce pan. Cook the liquid over high heat about 5 minutes, until it has reduced by two-thirds.

It should be slightly thickened and have a glossy sheen. Strain the liquid and cool. Stir in the cherries and season to taste with salt. When you are ready to serve the cherry compote, heat it in a sauce pan and swirl in the butter.

Duck Confit Ingredients:

6 large duck legs, tip of the leg bone trimmed
1/2 bunch thyme
1 cup sliced red onion
1 orange, sliced
3 bay leaves
2 dried chilis d'arbol, crumbled with your hands
3 star anise
2 teaspoons freshly cracked black pepper
4-5 cups duck fat

Method:

Trim the excess fat from the duck legs. Season them with the thyme, onion, orange, bay leaves, crumbled chilis, star anise, and cracked black pepper. Cover and refrigerate overnight. Preheat the oven to 325°F.

Take the duck out of the refrigerator 45 minutes before cooking to come to room temperature. After 15 minutes, scrape off the onion and spices into a 12 x 9 inch (or equivalent) baking dish. Season the duck legs on all sides with 2 tablespoons salt and place them in the baking dish, skin side up.

Heat the duck fat in a medium sauce pan over low heat until just warm and melted.

Pour the melted duck fat over the legs, to just cover them. Carefully transfer the baking dish to the oven and cook about 2 1/2 hours, until tender. To check for doneness, insert a paring knife into the meat. When the duck is ready, it will be very easy to pierce and won't resist at all.

Remove the duck legs from the fat and place them on a baking sheet.

Return them to the oven 10-15 minutes to crisp the skin.

Place the rice on a large warm platter. Arrange the duck legs on the rice and spoon the cherries over the top.

Tips from Chef Goin:

Duck legs require a long slow braise to break down the sinewy flesh and to become succulent and tender. Choose a roasting pan that will hold the legs snugly (the legs should just fit in the dish, without overlapping onto one another) and cover them with the cooled melted duck fat.

Like so many slow-cooked dishes, duck confit tastes better the next day. The savory cherry compote can also be made ahead and rewarmed before serving. Forty-five minutes before you want dinner ready start the rice. After thirty minutes put the duck in the oven to crisp.