

Deconstructed Cassoulet

by Jonah Loeb | Yield: 4 servings

This dish will help satisfy summer cravings for wintry peasant dishes. The pickled mirepoix and fresh blackberries provide brightness and texture, balancing the creaminess of the white bean croquette and the richness of the duck.

Ingredients:

1 red onion, julienned
1 large carrot, julienned
1 large stalk celery, julienned
1 cup white or rice vinegar
3 tbsp sugar
½ tsp crushed red pepper flakes

2 cups prepared cannellini beans
½ white onion, very finely diced
¼ cup fresh parsley, minced
1 egg
½ cup toasted breadcrumbs
Kosher salt
Black pepper
Ground nutmeg

4 duck breasts, roughly 8oz each
Kosher salt
Black pepper

1 shallot, very finely chopped
¾ cup low sodium chicken stock
½ cup blackberries
¼ cup blackberry preserves
½ cup fruity red wine
2 tbsp cold butter

Preparation:

- Pickled mirepoix:** Boil a few cups of water in a small saucepan. Add julienned carrot & red onion and blanch for 1 minute before straining. Discard water and return vegetables to saucepan with julienned celery, sugar, white vinegar & red pepper flakes. Add just enough water to cover vegetables, bring mixture to a boil & cook for 1 minute. Pour vegetables & liquid into jars and let cool to room temperature before sealing and refrigerating.
- White bean croquettes:** Preheat oven to 250 °F. Mash beans well, adding bean water if necessary. Combine in a bowl with white onion, parsley & egg. Season mixture with salt, black pepper & a little ground nutmeg. Add breadcrumbs and form mixture into 4 small croquettes, making sure not to make them too flat. Fry in butter in large skillet over medium heat until browned on top & bottom. Drain croquettes on paper towel; move to baking sheet & place in oven to finish.
- Pan-seared duck breast:** Score skin of duck breasts and season both sides. Place 2 at a time skin side down in a cold skillet and slowly raise heat to medium, allowing fat to render out of skin. Turn breasts when skin is well-browned & cook other side for about 4 minutes. Remove breasts & place in oven to finish; wipe pan & let cool before cooking remaining duck breasts.
- Blackberry & red wine reduction:** Reserve fat from remaining duck breasts & lower heat to medium-low. Add shallots & cook until soft before deglazing with red wine. Bring heat back up to medium-high & cook until wine is reduced by half. Stir in chicken broth, blackberry preserves & blackberries, mashing berries with spoon. Reduce sauce to desired consistency. Remove from heat, swirl in cold butter & season to taste.
- Plating:** Remove duck from oven & let rest for 5 minutes. Plate pickled mirepoix & white bean croquettes. Slice duck into medallions and plate. Drizzle duck with blackberry reduction, garnish dish with parsley & fresh blackberries, and serve.