



ROASTED DUCK BREAST WITH SPRING VEGETABLES AND HERB SPÄTZLE IN BROTH

4 fresh duck breasts (2 whole breasts, split)
12 each baby red and gold beets
1 tablespoon red wine vinegar
1 tablespoon white wine vinegar
2 cups English peas, shelled
1-1/2 pounds asparagus, cut into 1-inch lengths and split
8 spring onions, trimmed and peeled
salt and freshly ground black pepper
2 tablespoons lemon juice
2-3 tablespoons unsalted butter
tarragon for garnish
chervil for garnish
Marinade
Vegetable Broth
Herb Spätzle

Also Required: heavy cast-iron or steel sauté pan, large saucepan, large pot, colander

Trim the duck breasts of the excess fat around the edges and score the skin with a sharp knife in a crossing pattern. To prepare the marinade, mix the shallots, garlic, bay leaves, thyme, salt and some coarsely cracked black pepper. Marinate the duck breasts for one hour or overnight. Prepare the vegetable broth. (Broth can be made up to 2 days in advance and stored in the refrigerator.) Prepare the herb spätzle. While the mixture chills, prepare the vegetables. Cook the red beets in a small amount of salted water with red wine vinegar until soft. Cook the golden beets in salted water with white wine vinegar. Slip off the skins when cool enough to handle. Set aside. Cook the peas, asparagus, and onions separately in boiling salted water until soft and plunge into ice water to stop the cooking process. Drain and set aside.

Preheat the oven to 400°F. Heat a heavy cast-iron or steel sauté pan for 1 minute. Add the duck breasts, skin side-down, and cook over medium heat, periodically draining the accumulating fat. This should take about 5 to 7 minutes. Place the duck breasts in the oven and cook for 5 minutes until rare to medium-rare. Remove from the pan and let rest for 5 to 7 minutes before serving.

In a large saucepan, heat 1 cup vegetable broth; add the beets, onions and season with salt, black pepper and lemon juice. Add the peas and asparagus at the last minute with the butter. Add the spätzle and keep warm until serving. Divide the broth and vegetables into each bowl. Slice the duck breasts into 6 to 8 slices and fan in the broth. Garnish with the tarragon and chervil leaves.