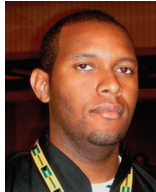


## 2014 BFS Food Show **CULINARY COMPETITION RECIPE**



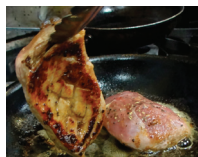
**Chef Mychael Harris**  
**Olives Atlantis**

### *Pin Scored Duck Breast with Creamy Carrot Risotto, Fried Broccoli and a Roasted Shallot Port Wine Reduction*



#### **Crispy Duck Breast**

Thaw and wash 4 Maple Leaf® duck breasts; pat dry. Trim skin to the shape of the meat. Score into ¼" criss-cross intervals. Do not cut into breast meat. Season as desired. Preheat griddle to 325°F or medium low. Place breast skin-side down for approximately 8-12 minutes or until fat is rendered and skin is crisp and brown. Turn breast over and



*Low and slow  
is the way to go.*

cook 1-2 minutes. Roast duck breasts in 400° F oven for 3-4 minutes. Remove and let duck rest 2-3 minutes before slicing. Final internal temperature should be 165° F.

#### **Creamy Carrot Risotto**

2 tbsp vegetable oil  
45 gm (1.5 oz) Anchor® unsalted butter  
6 medium carrots, peeled and diced  
1 tsp white sugar  
1.25 ltr (5.3 cups) Major® chicken stock  
½ onion, chopped  
300 gm Roland® risotto rice (arborio)  
125 ml (½ cup) dry white wine  
60 gm (2 oz) Vermont Creamery® mascarpone cheese  
250 gm (1 cup) Parmesan cheese, grated  
2 tbsps fresh parsley, finely chopped  
1 tsp fresh thyme leaves, chopped  
Badia® sea salt and white pepper



#### **Method**

Heat 1 tbsp ea oil and butter in a medium saucepan over medium heat. Add carrots and mix well to coat. Add ½ cup water, ½ tsp ea salt and sugar, cover and cook for 5 minutes. Uncover, cook and stir until all liquid evaporates and carrots start to brown. Remove carrots and purée half with ½ cup hot water. Simmer chicken stock in a separate pot. Add remaining oil and butter into the first pot and heat. Add onions; saute for 3 minutes. Add rice and stir for 1 minute to coat rice. Add wine, cook, and stir until wine is absorbed. Stir in carrot purée and cook mixture until it thickens. Add ½ cup chicken stock and stir until almost all liquid has been absorbed. Add the next ½ cup chicken stock and stir. Continue until rice is al dente, about 20 minutes. You should have at least 1 cup chicken stock left. Add other half of carrots, retaining a few for garnish). Stir in mascarpone, Parmesan, 1 tbsp parsley and thyme. Add the remaining 1 cup of the chicken stock in small amounts in order to make the risotto more liquidy. Season with salt and white pepper. Plate risotto and sprinkle with Parmesan, remaining parsley and carrot pieces. Serve immediately.



Recipes online at [www.bahamafood.com/foodshow](http://www.bahamafood.com/foodshow)



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