

Episode #27a

Anatra al Forno con Pesche (Roasted Duck with Peaches and Herbs)

Serves 4

Ingredients:

1 duck	3 or 4 Lbs, clean & cut in 8 or 12 pcs.	10 leaves	sage
2 Tbsp.	Evo	4 sprigs	thyme
1 medium	onion, diced	1 oz. or 30 gr.	peach snaps
1 small	carrot, peeled and diced	2 Tbsp.	flour
1 rib	celery, diced	3 Tbsp.	rosemary, sage, thyme <i>-chopped, used for garnish</i>
2 cloves	garlic, crushed		
4 medium	peaches, peeled and pitted	1 + ½ cup. or	white wine
1 sprig	rosemary	250 +125 ml.	vegetable broth
		2 cups or 500ml.	

Method: **Preheat oven at 375°F**

1. In a non stick frying pan over medium high heat, sear the duck with the skin side down. In a roasting pan over med. high heat add oil, onions, carrots, celery, garlic, sage & thyme, sauté until translucent. Add the seared duck the 4 half peaches, salt and pepper.
2. Place duck in oven to cook. As the duck is roasting add 1 cup of white wine and some of the vegetable broth if necessary. Cook for about 1 hour. When the duck is ready remove it from the drippings tray and place in another tray. Sprinkle ½ the peach snaps over the duck and keep warm.

Method for sauce

4. Place the roasting pan with the drippings on stovetop and on medium high heat slowly incorporate the flour. Discard all the fat from the roasting pan. Add the remaining wine and let evaporate. Add 1½ cups of broth and allow to cook for 5 minutes. Pass the sauce through a food mill and adjust to taste with salt and pepper.
6. Take the remaining 4 half peaches and drizzle with **Evo**. Place them on a griddle or grill and cook on both sides. Season with **Evo** and some chopped herbs.

Method for serving;

7. Place the duck on a platter pour sauce over top, sprinkle with remaining herbs and snaps and decorate with the grilled peaches.

EVOO = Extra Virgin Olive Oil

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Episode #27b

Finocchio in Padella (Sauteéd Fennel)

(Serves 4)

Ingredients:

3 bulbs	fennel: cleaned, washed, each cut in 6 pcs.
3 Tbsp. or 45 ml.	extra virgin olive oil
1 tsp. or 5 ml.	garlic, minced
1 tsp. or 5 ml.	parsley, chopped
1 Tbsp. or 45 ml.	dry bread crumbs
2 Tbsp. or 25 ml.	grated cheese
½ cup or 125 ml.	water
	salt and pepper

Method

1. In a non stick frying pan over medium heat, heat the olive oil. Add the fennel and sauté for 4 to 5 minutes.
2. When the fennel begins to colour add the garlic, parsley and the bread crumbs. Sauté for another 2 to 3 minutes.
3. Add the cheese and water and adjust to personal taste with salt and pepper.
4. Cook for 2 to 3 minutes more, then remove from heat, place in a pyrex dish and serve.

EVOO = Extra Virgin Olive Oil

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