



Seasonal Crab Salad

(serves 4)

Ingredients:

¼ pound of Dungeness Crab meat
½ tsp brunoise lemon skin
½ tsp brunoise orange skin
1 tsp brunoise shallots
4 tbsls good olive oil
1 medium sized cara cara orange supreme (segments)
1 medium sized blood orange supreme
1 medium sized grapefruit supreme
2 kumquats thinly sliced crosswise
1 bunch of arugula
salt & pepper to taste

Preparation:

Marinate crab meat 10 minutes before serving. In a bowl big enough to mix everything, add brunoise of lemon skin, orange skin, shallots and olive oil. Mix this together, then add crab meat and mix all together. Now in a rectangular dish big enough to evenly spread the mixture and not be packed, spread the meat and add remaining marinade over it. Evenly spread it so it is not packed. Cover and let sit for 10 minutes.

Plating:

Place arugula on the bottom of serving dish, scatter evenly. On top of the arugula scatter the marinated crab meat and the segments of the citrus and kumquats. Drizzle with remaining marinade and citrus juice if any. Sprinkle with sea salt and serve.



Roasted Pork Belly, Cranberry Beans, Pistou (serves 4)

Ingredients:

4 pounds of pork belly
salt to taste

Preparation:

Preheat oven to 375*. In a 4" deep baking dish (hotel pan) place pork belly, add water to cover and salt to taste. Cover tightly with aluminum foil. Place in preheated oven and cook for 2½ hours. Remove from oven and let rest for ½ hour. Remove belly from cooking liquid and place on side.

In a 4" deep dish lined with plastic wrap place pork belly, cover with more plastic. On top place another dish to cover, add weight to press it and place in refrigerator for 5 hours. Remove from refrigerator and dishes. Trim edges to make a perfect square/rectangle. Save trimmings and use the trimmings for the cranberry beans.

Cranberry Beans:

2 cups dried cranberry beans
Pork belly trimmings
Salt to taste
2 quarts of water

Preparation:

In a 3-4 quart pot add pork belly trimmings and beans, sauté for 15 minutes, add salt and sauté for 1 more minute. Add 2 quarts of water and bring to a boil, reduce to simmer, cover and let simmer for about 1 ½ hours until cranberry beans are soft but not mushy.

-½ hour before beans are ready place the pork belly on a rack and on a baking sheet in a 375* oven for 35 minutes.



Pistou:

Handful fresh oregano

Handful fresh Italian parsley

1 tsp fine diced lemon skin, save lemon for using later

3 tsp capers

¼ cup good olive oil

Salt to taste

Preparation:

Chop oregano, parsley, capers together. Place in a bowl, add lemon skin and juice of the lemon you took the skin from. Add olive oil, stir with a fork and taste for salt if it needs some add to taste. Set aside.

Plating:

In a nice bowl place beans on the bottom, pork belly on top and add aromatic pistou on top of the belly to serve. You can serve in individual portions or as one large serving. You can cut the pork belly in 4 pieces before serving or leave as one big piece.



Roasted Cured Duck & Rice

(serves 4)

Ingredients:

5 pound duck, whole
4 anise star
6 cilantro spears
4 garlic cloves
4 1" slices of ginger, peeled
1 quart ponzu
½ quart soy sauce
3 cups brown sugar
2 cups of water

Preparation:

In a plastic container mix water, sugar, soy sauce, ponzu, ginger, garlic, cilantro, anise. Mix until the sugar dissolves. In a 6" deep rectangular plastic/glass dish add curing liquid. Place duck inside liquid breast down. Make sure the liquid runs all around and inside duck. Cover and leave out for ½ hour then place in the fridge. The next day take out and turn duck over and leave out for ½ hour, then return to fridge. Once it has marinated for two whole days remove duck from liquid and place on a rack on a sheet tray. Preheat oven to 375*. Place on top of the duck a piece of aluminum foil, loosely. Do not secure foil around edges it is only to not burn the sugar on top. Place duck in the oven. After 35 minutes remove foil, let duck cook another 15 minutes until the top is browned. Remove from oven and let rest 15 minutes.

After it has rested. Bone out the legs and breasts, set the rest aside. Take a 5 quart pot, drop all the bones in the pot. Smash them, add 5 quarts of water, bring to a boil, clean impurities and simmer for 15 minutes, strain and set aside.

Rice:

¼ cup olive oil
1 cup organic brown rice, shortgrain
1 big clove of garlic
32 oz. duck stock (directions above)
Salt to taste

Preparation:



In a medium size pan add olive oil and garlic to toast. When garlic starts getting brown add rice and toast until rice turns color and smells toasted. When toasted add duck stock and salt. Cover and let simmer for 25 minutes.

Sauce for serving:

1 cup ponzu

1 tbls brown sugar

Mix until sugar dissolves.

Plating:

In a serving dish place rice on the bottom, slice breasts and place over rice, place legs next to breasts. Pour the sauce over the meat or leave on side so guests can add as desired.

Serving suggestion; serve a side of roasted seasonal vegetables on the side.