

Creole Duck Gumbo

1 duck, cut into 10 pieces (legs, thighs, wings, breasts cut in half horizontally)
seasoning mix to taste

½ cup duck fat (rendered from cooked duck)

¼ cup vegetable oil

1 cup flour

1 pound white button mushrooms, sliced

½ pound wild mushrooms, cleaned and chopped

1 large red onion, medium dice

1 yellow onion, medium dice

3 stalks celery, small dice

1 red bell pepper, small dice

1 yellow bell pepper, small dice

1 green pepper, small dice

1 tablespoon fresh garlic, minced

1 12 ounce stout beer

1 ½ quarts chicken or duck stock

3 bay leaves

1 teaspoon dried thyme

½ teaspoon dried oregano

½ teaspoon cayenne pepper, or to taste

1 T. Creole seasoning, or to taste

White rice and chopped scallions to serve

METHOD

1. Season duck on all sides, under skin, with salt and pepper

2. In a heavy bottomed pot over medium-high heat, sear all duck pieces until golden brown, taking your time to achieve good color and render as much fat as possible

3. Remove duck from pan and set aside; pour rendered fat out of pan and measure ½ cup – reserve for roux

4. Return the pan to the heat and sauté onion until golden; add mushrooms and cook until golden brown and tender; add the peppers and garlic and cook briefly, just to combine flavors; remove vegetables from pan and reserve pan – do not wash!

5. While vegetables are cooking, mix together duck fat, vegetable oil, and flour; pour mixture into a small sauce pan and place in a 350 degree oven; stirring often, cook the roux in the oven until it is a dark chocolate color, about 15 – 20 minutes; remove from oven

6. Place the roux in the original pan over medium heat and whisk in the beer and stock; add the bay leaves, thyme, and oregano; whisk constantly and vigorously as you are adding the liquid!

7. Once the liquid comes to a boil, lower the heat to low, add the duck and all the vegetables back into the pot, and cover; place in a 350 degree oven for about 1 ½ hours, until duck is tender and falling off the bone, stirring occasionally

8. Remove pan from oven and remove duck; pick all the meat off the bones and return to the pot

9. Taste and adjust seasoning; serve hot with white rice and chopped scallions



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