

# Hugh Acheson

## five & ten, athens, ga

### “SOTE” dry-rubbed duck breast with roasted vidalia confiture and “Ropes to God” gastrite oven to 400F

In this recipe the duck breasts are lightly cured with a dry rub and then roasted eight hours later, so think accordingly when you are affecting the recipe.

#### dry rub

½ tablespoon sea salt

½ teaspoon brown sugar

½ teaspoon ground black pepper

2 tablespoons *Blessed Botanicals* “Sote” tisane

4 six-ounce duck breasts, skin side scored with a sharp knife in a grid pattern

Blend the sea salt, the sugar, the pepper and the tisane together in a bowl.

Take the dry rub and rub all over the duck breasts. Place on a large plate and lightly cover with plastic wrap and place in fridge for eight hours.

#### gastrite

1 shallot, finely minced

½ cup tawny port

½ cup cider vinegar

2 tablespoons maple syrup

1 teaspoon *Blessed Botanicals* “Sote” tisane

1 cup dark chicken stock

In a small saucepan combine the shallot, port, vinegar and maple syrup. Reduce over medium heat until just about ¾ reduced. Add the tisane and the chicken stock and cook down over medium heat for about twenty minutes. Remove from heat, strain and reserve in a warm spot.

#### Vidalia confiture

2 tablespoons unsalted butter

3 vidalia onions, peeled, halved and each half cut into eight wedges

1 tablespoon cider vinegar

1 teaspoon chopped fresh thyme

½ cup chicken stock

salt and pepper to taste

1. Over medium heat melt butter in a large rondeau. When butter foams and is just beginning to brown add the onions in one even layer, giving them a little room between each other. Brown the onions for about fifteen minutes until they have a nice amount of caramelization.
2. At this point add the cider, thyme and stock. Cook out for fifteen minutes.
3. Place in over for 30 minutes.
4. Season with salt and pepper
5. Reserve in warm place.

#### roasting duck breasts

1 tablespoon corn oil

rubbed duck breasts

1. Warm a large cast iron frypan over medium heat. Add the corn oil and let it warm up to hot. Add the duck breasts, skin side down. Let them cook for five minutes, until the skin is nicely crisped. Turn them over and let cook for three minutes.

Flip them back over to the skin side down and place in over for 5 minutes.

2. Remove from oven and then the pan and let rest for five minutes before slicing.

#### PLATING

Arrange four plates on a counter. Spoon two tablespoons of the onion confiture on each plate. Slice each duck breast in thin slices and arrange on the confiture. Sauce with the gastrite.