# A TASTE OF THE DORDOGNE

Serves 6



FRITES AU FOUR À LA MOUTARDE Mustard-roasted Oven Fries



DUCK BURGERS Burgers de Canard au Chèvre et Confit d'Oignon



MELON AU MONBAZILLAC Cantaloupe with Fruit and Sweet Wine



FRITES AU FOUR À LA MOUTARDE Mustard-roasted Oven Fries

This is one of those recipes that came together while cleaning out the fridge. A lonely bag of fingerlings cried out to be combined with some leftover lemon-oregano marinade. On a whim I stirred in the last remnants of some country-style Dijon before roasting. Quelle surprise! The mustard browned and crisped to form a beautiful crust, while the lemony marinade lent the potatoes an addictive quality similar to salt-and-vinegar potato chips. While one could make these as a side dish, I feel they are best appreciated as their own course with a side of mayo for dipping. ~Sara

## $\{$ INGREDIENTS $\}$

- 1/4 cup coarse-ground mustard (such as Grey Poupon Country Dijon)3 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice 1 large garlic clove, minced

I 1/2 tablespoons chopped fresh oregano
I 1/2 teaspoons kosher salt
I/8 teaspoon freshly ground black pepper
24 ounces fingerling potatoes
Mayonnaise, for dipping

### { INSTRUCTIONS }

- 1. Position oven rack in the bottom third of the oven. Heat to 400°F. In a medium bowl, whisk together all ingredients except potatoes and mayonnaise. Slice potatoes in half lengthwise, except for those thicker than I I/4 inches, which can be sliced into thirds. Toss potatoes with mustard mixture.
- 2. Place potatoes cut-side down in a single layer on a rimmed baking sheet. Drizzle any leftover mustard mixture over tops of potatoes. Bake until potatoes are brown and crispy on the outside and soft in the middle, 30–40 minutes. Serve potatoes hot, with a side of mayonnaise for dipping.

Suggested pairing: A dry Provençal rosé



DUCK BURGERS
Burgers de Canard au Chèvre et Confit d'Oignon

The signature dish of Le Rêve. I find grinding the duck and forming the patties for a triple batch of burgers a soothing way to get over jet lag. It's comforting to know there's an ample supply in the freezer. If you don't have a meat grinder, you can cut the duck breasts into one-inch cubes and pulse them in a food processor until the meat is the texture of hamburger. To recreate this dish outside of France, make sure you seek out magret duck breasts, as opposed to the milder Pekin duck. It's the extra rich flavor of magret that elevates these above beef burgers and even lamb burgers.  $\sim$ Sara

#### { INGREDIENTS }

- 4 tablespoons butter
- 2 medium shallots, finely chopped
- 2 one-pound magret duck breasts, passed through a meat grinder or food processor

Salt and pepper to taste
2 12-inch baguettes
1/2 cup onion jam (see recipe below)
6 ounces fresh goat cheese

#### $\{$ INSTRUCTIONS $\}$

- 1. Melt butter in a small skillet and set aside half in a small bowl for buttering baguettes. Add shallots to skillet and sauté over medium heat until tender and translucent. Let cool.
- 2. In a large bowl, combine shallots, duck, salt, and pepper. Form into six patties. Place patties on a parchment lined sheet tray, and place tray in freezer to chill until firm, about 20 minutes.
- 3. Meanwhile, heat grill to high. Slice baguettes horizontally and brush insides with reserved butter. Cut each baguette into thirds to form 3 "buns."
- 4. Grill patties until medium rare, 4–6 minutes per side. Grill baguette sections until just toasted. Serve patties on baguettes with the onion jam and goat cheese. Place one or two zucchini ruffles on the side (see next recipe).



CONFIT D'OIGNON

Onion Jam

We keep this on hand for duck burgers, but it's also good combined with goat cheese in baked stuffed vegetables, or as a condiment with cheese or other roast meats.  $\sim$ Sara

 $\dashv$  ingredients  $\vdash$ 

6 large red onions, thinly sliced 3 tablespoons vegetable or olive oil 1/3 cup balsamic vinegar

 $\{$  INSTRUCTIONS  $\}$ —

- 1. Heat oil in a large, high-sided skillet over medium-high heat.
- 2. Add onions and cook, stirring occasionally, until onions are tender and beginning to turn golden, about 15 minutes.
- 3. Add balsamic vinegar and continue to cook, stirring occasionally, until onions

are dark brown, 20–30 minutes. If at any time during cooking onions begin to stick to the pan, add a few tablespoons water or wine and stir with a wooden spoon to dislodge any brown bits.

Store refrigerated in an airtight container for up to 10 days.



# COURGETTES GRILLÉES Grilled Zucchini Ruffles

Every once in a while we arrive at Le Rêve to find a surprise basket of freshly picked zucchini on our kitchen table—dropped off by our green-thumbed neighbor, Christine. When we're in a hurry we simply cut them into lengthwise strips and grill them with oil and rosemary, but when we're feeling more fancy we do it like this. For very delicate ruffles you can use a peeler to create the zucchini ribbons; for sturdier ruffles you can use a mandolin set to 1/8-inch thickness. ~Sara

#### { INGREDIENTS }

3 medium zucchini Skewers or rosemary branches for grilling 1/3 cup olive oil

- I teaspoon finely chopped rosemary
- 1 1/2 teaspoons kosher salt
- 1/4 teaspoon freshly ground black pepper

#### $\{$ INSTRUCTIONS $\}$

- 1. Heat grill to high. Use a vegetable peeler to peel lengthwise strips from one side of a zucchini. When you've peeled away 1/3 of one side of a zucchini, flip the zucchini around and start peeling ribbons from the other side. At a certain point the zucchini will become too thin to comfortably peel any more ribbons, and you'll be left with the core of the zucchini. You can save this to be chopped and sautéed for ratatouille or minestrone, or to be grated for zucchini bread. Repeat with remaining two zucchini.
- 2. If using rosemary branches for grilling, strip rosemary leaves from all but the
- last 2–3 inches of each branch. Gently thread three or four ribbons, accordion style, onto each skewer or branch. In a small bowl, combine olive oil, rosemary, salt, and pepper. Use a pastry brush to coat zucchini ruffles with oil and rosemary mixture. This flavors the zucchini and helps prevent it from sticking to the grill.
- 3. Grill zucchini skewers until just browned on the edges, and just softened in the centers. The daintier your ribbons, the less grilling time required to make them yummy. Serve on the side, either warm or at room temperature.

🖫 🖂 Suggested pairings for second course: A French Pinot noir or dry rosé



# MELON AU MONBAZILLAC Cantaloupe with Fruit and Sweet Wine

The french have a knack for three-ingredient dishes that knock your socks off. This one pairs the fabulous local dessert wine, Monbazillac, with gorgeous little Charentais melons—France's intensely fragrant variety of cantaloupe. Monbazillac wine is fairly easy to find in my home town of Brooklyn. But if your local wine shop doesn't have it, you can happily substitute another late-harvest dessert wine such as Sauternes. —Sara

# { INGREDIENTS }

3 large Charentais melons,or 3 small ripe cantaloupes4 cups ripe strawberries, halved or quartered

3/4 cup raspberries1 1/2 cups Monbazillac or Sauternes

## $\{$ INSTRUCTIONS $\}$

- 1. Cut each melon in half, and scoop out the seeds.
- 2. Fill each melon half with 3/4 cup strawberries and 1/4 cup raspberries.
- 3. Drizzle 1/4 cup Monbazillac over each filled melon and serve.

