

Cana's Feast

WINERY

MAY 2012 CELLAR CLUB PARTY

WILD MUSHROOM RISOTTO

Yield: 2 Entrée Portions or 4 Appetizer Portions

INGREDIENTS:

2 TABLESPOONS BUTTER
1 TABLESPOON OLIVE OIL
½ CUP DICED ONION
½ CUP ARBORIO RICE
½ CUP CANA'S FEAST WHITE WINE OF YOUR CHOICE
APPROXIMATELY 4 CUPS CHICKEN OR VEGETABLE STOCK, HOT
½ CUP ROASTED MUSHROOMS (SEE RECIPE)
1 TABLESPOON CHOPPED PARSLEY
SALT AND PEPPER TO TASTE

TO FINISH:

2 TABLESPOONS BUTTER
2 OUNCES PARMESAN OR ROMANO CHEESE, GRATED

METHOD:

1. Heat the butter and olive oil in a heavy sauté pan.
2. Add the onion and cook until clear (do not brown).
3. Add the rice and cook until it turns translucent and has absorbed the oil.
4. Add the wine and stir until absorbed then begin adding the hot stock 1 cup at a time. Stirring constantly until absorbed before adding additional stock to the rice. This process will take 20 minutes or so. Use as much stock as needed to reach the proper consistency.
5. When the rice is al dente (to the tooth – tender with a firm center), add the roasted mushrooms and stir until heated.
6. Remove the pan from the heat and add the butter, cheese and parsley. Season with salt and pepper and serve immediately.

Chef Wendy Bennett, Wine Country Cooking Studio, visit www.winecountrycookingstudio.com.

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DUCK CONFIT

Yield: 2 Pounds

INGREDIENTS:

- 1 TEASPOON WHITE PEPPER, GROUND
- ½ TEASPOON NUTMEG, GROUND
- ½ TEASPOON BAY LEAVES, GROUND
- ¼ TEASPOON CLOVES, GROUND
- 2 TABLESPOONS KOSHER SALT
- 2 ½ POUNDS BONE-IN DUCK LEGS, RINSED AND DRIED
- 3 POUNDS RENDERED DUCK FAT

METHOD:

1. *Mix the pepper, nutmeg, bay, cloves and salt together.*
2. *Rub the duck legs with the spice mixture and lay them out on a roasting rack. Refrigerate the legs for 24 hours, uncovered.*
3. *Preheat the oven to 300°F.*
4. *Brush off any excess seasoning, place the legs in a Dutch oven or other deep heavy pan and add the rendered duck fat.*
5. *Place pan in the oven and cook for 2 hours.*
6. *Remove the pan from the oven and allow to rest 30 minutes.*
7. *Remove the legs from the pan and cover with melted fat – do not add any cooking juices which settled in the bottom of the cooking pan. Reserve any cooking juice and use in risotto or another complimentary dish.*
8. *When needed, remove the duck confit from the fat and crisp the skin in a medium-hot sauté pan to reheat before serving.*
9. *Duck confit (submerged in duck fat) for up to 2 weeks.*

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