

sion will build up an impressive recipe collection in no time.

Keller himself will be doing the demonstrations and cooking, preparing enough food so that each participant will have a sample of the day's fare.

Class size is limited to 30, so reservations are suggested.

The adjoining recipe, to be featured at the Autumn Hunt session, is a sweetish and rich entree reflecting a connection to the Virginia hunt country and the South. (A "buckle," explains Keller, is a Southern word for cobbler.)

## TO SIGN UP

**WHAT:** Cooking classes at Market Street Bar and Grill

**WHERE:** Hyatt Regency at Reston Town Center

**WHEN:** Four Saturdays in October, 10 a.m. to noon, beginning Oct. 10.

**WHO:** Chef Duane Keller

**COST:** Each class is \$20. Participants may sign up for all four classes for \$70.

**INFORMATION:** Call 709-6262 or 709-6203.

### TOPICS:

■ Oct. 10, The Fish Market

■ Oct. 17, Autumn Hunt

■ Oct. 24, The Meat Market

■ Oct. 31, The Moveable Feast (portable one-dish meals)

# Recipe from Autumn Hunt Series By Chef Duane Keller

*Brandied Duck Breast on a wild rice, Gooseberry and Virginia apple "Buckle."*

Serves: 8

### For the "Buckle" - A southern word for cobbler.

2 oz. Softened Butter  
4 oz. Sugar  
2 large eggs  
1/2 cup Honey  
1 Tbsp. Brandy  
2 cups All Purpose Flour  
1 tsp. Fresh Ground Pepper  
1 cup Sliced Virginia Apples, preferably Stamin  
1 cup Gooseberry (cleaned) or sub-

stitute Blueberry when not available  
2 cups Cooked Wild Rice. Preferably a Canadian Jumbo  
1/2 cup Hot Duck or Chicken Stock plus 1 tsp. baking soda  
1 Tbsp. Balsamic Vinegar  
2 Tbsp. Chopped Parsley  
1 Tbsp. Pommery Mustard (Whole Grain Mustard)

### Procedures:

Pre-heat oven to 325 degrees. Grease 8 x 8 casserole dish. Cream softened butter and sugar until white. Beat in 1 egg at a time, slowly stir in honey, alternately mix in flour and chicken stock. Add remaining ingredients and fold in fruit and wild rice. Bake for 25 - 30 minutes or until springy.

### For the Duck Breast

4 each 10 oz. fresh duck breasts (skin on)  
4 Tbsp. Minced Shallots  
2 Tbsp. Green Peppercorns  
4 oz. Brandy  
2 oz. Softened Butter  
2 cups Duck or chicken stock  
1 cup Heavy whipping cream  
Salt to taste  
2 Tbsp. Whole Grain Mustard

### Procedures

Render duck fat by sauteing breast skin side down approximately 20 - 25 minutes over medium heat. Turn duck breast over and cook for 3 minutes and remover from heat. Discard rendered duck fat. Using the same pan saute the shallots and green peppercorns with the softened butter for 1 minute on high. Add the brandy and flambe'. Add the remaining ingredients and the duck. Simmer for 3 minutes and remove the duck. Reduce sauce by half.

Arrange sliced duck breast around "buckle" artfully. Drizzle approximately 2 oz. of sauce on both the "buckle" and sliced duck breast.