

Duck and Mango Quesadilla

Mango-Avocado Salsa with Petit Greens and Mango Dressing

Yield: Makes 4 portions

Ingredients:

1 each 6-8 oz duck breast
2 cups mixed baby greens
1 each red bell pepper
1 each yellow bell
1 each pasilla or poblano pepper
_ cup mangoes thinly sliced
1 bunch cilantro leaves washed
2 oz shredded cheddar cheese
2 oz shredded pepper-jack cheese
2 each 12 inch flour tortillas

(Mango dressing)

_ cup mango puree or juice
_ cup rice vinegar
1 Tbsp mirin sweet cooking wine
1 pinch cayenne pepper
_ cup olive oil
Salt and pepper to taste

Directions: Place all ingredients except oil in a blender and process. Add the oil slowly while blending to form a vinaigrette. Taste and adjust seasonings as necessary.

(Egg wash)

1 each whole egg whisked with 1 tbsp cold water

(Mango-Avocado Salsa)

_ cup mango finely diced
_ cup avocado finely diced
1 Tbsp red onions finely minced
_ each jalapeno finely minced
1 Tbsp cilantro leaves picked and washed
1 each lemon juiced
Salt and pepper to taste

Directions: Place all the ingredients for the salsa in a mixing bowl and toss to evenly coat the avocado and mangoes with the lemon juice.

Method:

For the duck: Score the skin and season with salt and pepper. Cook in a sauté pan to sear both sides and finish cooking in the oven. The duck will not take more than 5-8 minutes in the oven after searing both sides. Let duck cook and remove the fatty skin. Slice the duck into thin slices and set aside.

Chef Peter Edwards

www.chefpeteredwards.com

For the peppers: Lightly coat the bell peppers and pasilla pepper with olive oil and salt. Bake in a 350 degree oven until soft when poked with a knife and the skin has scored by the oven heat (approximately 10-15 minutes). Remove from the oven and place in a bowl and cover with plastic wrap to steam. Let sit for 10 minutes, and then when cool remove the outer skin leaving just the flesh. Remove the seeds and ribs and slice the peppers into thin strips.

You can also purchase cooked red and green chilies in small cans from your grocery stores to save this step.

In a mixing bowl add the sliced duck, roasted peppers, sliced mango, cilantro and cheeses and toss to create a salad. Cut the tortillas in 3rds via a pie method giving you 3 each triangles. Lightly heat the tortillas in a sauté pan until warm. Place a small amount of the duck salad mixture onto the center of each tortilla triangle and rub a small amount of the egg wash on the edges. Starting off by having the triangle point with one side away from you, pull both bottom points up into the center and fold the top point over the pulled in bottom two re-creating a triangle shape.

Heat a large sauté pan and add 2-4 Tbsp olive oil. Cook the quesadillas for 2-3 minutes per side or until crispy to heat the filling through.

Toss the baby greens with a small amount of the dressing. Divide the greens between 4 plates and place the quesadilla over the greens. Top each quesadilla with a spoonful of the mango-avocado salsa and garnish with cilantro leaves.