

Spicy Duck Meatballs with Mint Cavatelli & Quail Egg

Courtesy of Chef Harold Dieterle, Kin Shop, Perilla, and The Marrow
(Serves 4)

To Make the Mint Cavatelli

½ cup flour
1 tablespoon ricotta cheese
1 egg
1 tablespoon chopped mint
1 teaspoon salt

Mix all ingredients together in a small mixer. Allow the dough to rest 20 minutes. Roll out using a cavatelli maker/board. Cook the cavatelli in salted boiling water for 1 minute, remove and allow to cool.

To Make the Duck Meatballs:

3 teaspoons olive oil
1 onion, very finely chopped
5 cloves garlic, very finely chopped
1 pound ground duck
1 tablespoon coarsely chopped basil
2 tablespoons Asian chili sauce, such as sriracha or sambal
¼ cup panko
2 large eggs, lightly beaten
Coarse salt and freshly ground pepper
3 shallots, sliced crosswise
2 plum tomatoes, chopped
½ cup white wine
8 cups duck stock
8 sprigs fresh thyme
1 tablespoon chopped mint
1 tablespoon butter
1 tablespoon grated parmesan cheese
4 quail eggs

Preheat oven to 425 F. Heat 1 teaspoon olive oil in a large skillet over medium heat. Add onion and 3 cloves garlic. Cook, stirring, until translucent, about 5 minutes; remove from heat and let cool in the refrigerator. Place ground duck in a bowl, add cooled onion and garlic mixture, plus basil, chili sauce, egg yolk and panko and form into 1 ½- to 2- inch balls. Place meatballs on a baking sheet and cook in the oven for 10 minutes.

Heat 1 teaspoon olive oil in a large saucepan over medium heat. Add remaining 2 cloves garlic, 1 shallot, and plum tomatoes. Cook, stirring occasionally, for 2 minutes. Add wine and cook until liquid is reduced by half, about 4 minutes. Add duck stock and thyme and let simmer for 20 minutes. Strain liquid through a fine mesh strainer set over another large saucepan, discarding solids. Place meatballs in the liquid and simmer over medium heat, until cooked through, about 30 minutes.

Heat remaining teaspoon olive oil in a large skillet over medium heat. Add remaining 2 shallots and cook, stirring occasionally, until translucent, about 2 minutes. Add meatballs, cavatelli, mint, cooking liquid, and butter; let cook for 2 minutes.

To plate, place 5 meatballs, some broth and cavatelli in a shallow bowl. Top with grated parmesan cheese and a raw quail egg.