

Duck & Wild Rice Casserole

(Serves 10)



Ingredients:

3 lbs boneless Duck Meat, cut into 1" cubes
3 cups cooked wild Rice (1 C. dry)
1 qt Vegetable Stock
1½ tbsp Butter
12 oz sliced Mushrooms
1½ tsp Salt
1½ tsp Garlic Powder
¾ tsp black Pepper
1 cup Chicken stock
1½ cups heavy whipping Cream
5 tbsp Flour
1½ cups shredded Mozzarella Cheese
¾ cup Panko bread crumbs
¾ cup fresh Thyme leaves

Method:

To a large saucepan add the vegetable stock and bring to a boil.
Add 1 cup of wild rice and cook until *al dente* (35-45 minutes).
Preheat oven to 450°.
On the stove top, bring a cast iron skillet to medium high, add 3 small squares of duck fat (or 1 tbsp EVO oil).
Add the cubed duck meat and lightly sear it.
Stir in the butter, mushrooms and season with salt, garlic powder and black pepper.
Cook for 3 minutes or until the mushrooms absorb the oil.
Mix in the cooked rice and sprinkle with flour.
Allow the ingredients to brown for a couple of minutes with the flour.
Then whisk in the chicken stock and heavy whipping cream.
Allow to simmer for 5 to 10 minutes as the sauce thickens.
Once the sauce thickens, remove the pan from the heat and sprinkle cheese on top, followed by the Panko and then the thyme.
Place in the oven and allow the cheese and Panko to brown for approximately ten minutes.
Remove and plate with a vegetable.