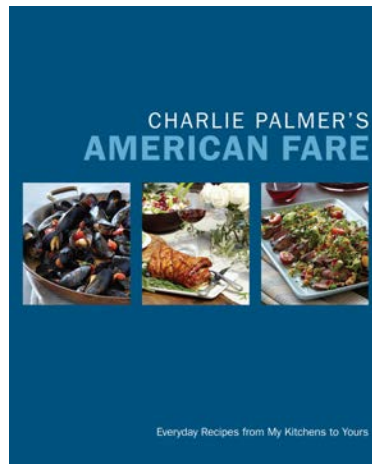




Kapalua Food & Wine Festival

Recipes from Charlie Palmer's American Fare

Saturday, June 13, 2015



Course One

Green Tea Soba Noodles with Tuna

Serves 6

¼ cup rice wine vinegar
¼ cup soy sauce
1 tablespoon lemon juice
1 tablespoon mirin
1 teaspoon minced garlic
1 teaspoon grated fresh ginger
¾ cup avocado oil
2 tablespoons toasted sesame oil
2 tablespoons chopped scallions
2 teaspoons toasted sesame seeds
12 ounces green tea soba noodles
2 ribs celery, trimmed and shaved
1 large carrot, peeled and shaved
1½ pounds ahi tuna, cut into ½-inch dice

Method:

Bring a large pot of salted water to boil over high heat. The water should be as salty as the sea.

Combine the rice wine vinegar, soy sauce, lemon juice, and mirin in a small mixing bowl and whisk to blend well. Add the garlic and ginger and stir to combine. Begin whisking in the avocado oil and, when blended, whisk in the sesame oil. Transfer to a serving bowl and stir in the scallions and sesame seeds. Set the dressing aside.

Add the soba noodles to the boiling water, stirring to loosen them. Return the water to a strong boil, lower the heat, and continue to cook for about 3 minutes or until the noodles are tender. Drain well. Rinse in cold water and place in a colander and drain completely.

Place the soba noodles on a serving platter. Add the celery and carrot, toss to combine, and top with the diced tuna. Serve the sesame dressing on the side.

Course Two:

Chermoula-Grilled Salmon

Serves 6

6 (7-ounce) skin-on salmon fillets
Canola oil for brushing
Chermoula (recipe follows)
Lemon wedges for serving

Method:

Preheat and oil the grill or preheat the oven to 450°F.

Using a pastry brush, lightly coat the skin side of the salmon with canola oil; if roasting the salmon in the oven, lightly coat a baking sheet with canola oil and do not oil the fish. Generously coat the flesh side of the salmon with ½ cup of the chermoula.

If grilling, transfer the salmon, skin-side-down, to the hot grill, cover, and grill for about 12 minutes or until the skin is crisp and the salmon is barely cooked—the center should remain almost raw. If necessary, halfway through the cooking, carefully transfer the fish to a cooler side of the grill. If roasting in the oven, transfer the chermoula-coated fish to the prepared baking sheet, place in the preheated oven, and roast for about 10 minutes or until cooked as above.

Serve immediately with a bowl of the remaining chermoula and lemon wedges on the side.

Chermoula

Makes 2 cups

10 cloves garlic, peeled
1 red hot chile, stemmed and seeded
1 cup fresh flat-leaf parsley leaves
1 cup fresh cilantro leaves
2 tablespoons lemon juice
1 tablespoon grated orange zest
¾ cup extra virgin olive oil
2 tablespoons red wine vinegar
2 tablespoons tomato paste
2 teaspoons ground toasted cumin
2 teaspoons sweet paprika
Salt
Cayenne pepper

Method:

Combine the garlic, chile, parsley, cilantro, lemon juice, and orange zest with ½ cup cool water in the bowl of a food processor fitted with the metal blade. Process to a smooth puree.

Scrape the puree into a medium saucepan. Add the oil, vinegar, tomato paste, cumin, and paprika, stirring vigorously to blend. Place over medium heat and cook, stirring constantly, for about 5 minutes or until the mixture comes to a simmer. Season with salt and cayenne and cover loosely. Simmer, stirring occasionally, for 5 more minutes or until it is a sauce-like consistency. If too thick, add water, a tablespoonful at a time.

Transfer to a nonreactive container. Set aside to cool. When cool, use as directed in a specific recipe or store, covered and refrigerated, for up to 2 weeks.

Course Three:

Long Island Duck Breast with Citrus Couscous

Serves 6

6 boneless Long Island duck breast halves about 8 ounces each (see Note)

1 tablespoon canola oil

Grated zest of 1 lemon

½ teaspoon ground juniper berries

¼ teaspoon pepper

3 tablespoons Chartreuse

Salt

Grated zest and juice of 1 small orange

¼ cup (½ stick) unsalted butter, at room temperature

¾ cup heavy cream

1 tablespoon chopped fresh chives

Citrus Couscous (recipe follows)

Method:

Remove the skin from each duck breast half and reserve.

Place the skinless breasts in a resealable plastic bag. Add the oil along with the lemon zest, juniper berries, and pepper. Add 1 tablespoon of the Chartreuse, seal the bag, and vigorously massage to evenly coat the breasts with the seasoning. Set aside for 30 minutes.

Place the duck skin in a large frying pan over medium-high heat. Fry, stirring occasionally, for about 15 minutes or until all of the fat has rendered out and the skin is very crisp. Transfer the skin to a double layer of paper towel to drain. Once drained, break into small pieces and set aside.

Pour off all but about 1 tablespoon of the duck fat, and return the pan to medium-high heat. Remove the breasts from the marinade, season with salt, and place in the hot pan. Sear, turning once, for about 6 minutes or until an instant-read thermometer inserted into the thickest part reads 125°F for very rare or 135°F for medium-rare. (Most chefs now serve duck breast very rare, taking it out of the pan at about 122°F with the rest time bringing it up to a very rare temperature.) Place the breasts on a warm plate and tent lightly with aluminum foil to keep warm for 5 minutes while you finish the sauce.

Lower the heat under the pan and add the remaining 2 tablespoons Chartreuse, stirring for about a minute or so to deglaze the pan. Add the orange juice and butter, stirring to blend well. Add the

cream, raise the heat slightly, and bring to a simmer. Season with salt and pepper and simmer for about 5 minutes or until reduced and slightly thickened. Remove from the heat and stir in the orange zest and chives.

Place a mound of couscous to the side of each of six warm dinner plates.

Working with one piece at a time and using a sharp knife, cut the breasts crosswise on the bias, keeping the breast intact as you cut. When ready to plate, put your knife under the sliced breast and using your other hand to hold the top together, transfer to the center of the couscous on each plate. Once plated, pull the knife back towards you so that the breast stays in place, but the slices open slightly.

Drizzle the pan sauce over each breast and the couscous and around the edge of the plate. Garnish with a few pieces of the crisp duck breast skin sprinkled over all.

Citrus Couscous

2 tablespoons unsalted butter

1 shallot, finely chopped

2½ cups chicken stock or canned nonfat, low-sodium chicken broth

¼ cup orange juice

2 tablespoons lemon juice

Salt and pepper

2 cups couscous

Grated zest of 1 lemon

Method:

Melt the butter in a medium saucepan over medium heat. Add the shallot and cook, stirring frequently, for about 2 minutes or just until softened. Add the stock along with the orange and lemon juices. Season with salt and pepper and bring to a boil. Immediately add the couscous and bring to a boil. Lower the heat to its lowest possible setting, cover, and cook for about 5 minutes or until all of the liquid has been absorbed. Let rest, covered, for 5 minutes.

Uncover, add the lemon zest, and use a fork to fluff the grains and incorporate the zest. Serve as directed in the recipe or as a side dish or base for vegetable salads.