

Grilled Duck Kabobs

Served over wild rice, this feast will have your blind buddies salivating.

KABOB INGREDIENTS: (SERVES 4)

1/3 cup vegetable oil
3 cloves garlic, finely minced
Sea salt
Freshly ground pepper
2 red peppers, cut into quarters
2 green peppers, cut into quarters
2 red onions, cut into quarters
3 tomatoes, cut into quarter sections
4 duck breasts, cut into 1-inch slices

RICE INGREDIENTS:

1 cup wild rice
1 quart water
1 teaspoon salt
5 tablespoons butter
3/4 cup finely chopped onions
Salt
Freshly ground pepper

RICE PREP:

Place the rice in a fine strainer and rinse under cold running water. Bring 1 quart

of water with 1 teaspoon salt to a boil. Add the rice, reduce the heat, and simmer, partly covered, until tender, 35 to 40 minutes. While the rice is cooking, melt 3 tablespoons of the butter in a heavy saucepan. Add the onions and cook slowly, stirring occasionally until golden brown, 15 to 20 minutes. Drain and spread rice on a platter or small baking sheet, dice the two remaining tablespoons of butter and gently fold into the rice along with the browned onions using a fork. Taste and adjust seasonings. Set aside and keep warm.

VEGGIE PREP:

Combine minced garlic and vegetable oil. Brush the peppers, onions and tomatoes with the garlic oil, season with sea salt and freshly ground pepper. Grill peppers and onions until lightly charred, cooked to al dente. Grill tomatoes, skin side down, until lightly charred. Remove vegetables from grill and allow to cool.



Chef Jacques Haeringer is a hunter, wild game culinary expert and frequent "Today Show" guest. For more on his books, classes and renowned restaurants, L'Auberge Chez Francois and Jacques' Brasserie, visit laubergechezfrancois.com. For more of Jacques' recipes, go to chefjacques.com/wild-cuisine-recipes.

SKEWERED DUCK:

Season duck pieces with sea salt and freshly ground pepper, brush with the garlic oil. For the kabobs, alternate the duck, peppers, onions and tomatoes on skewers. Grill kabobs over medium to high heat. For rare to medium rare, grill for one to two minutes, turn skewers for another one to two minutes until all sides are lightly charred (goose will require slightly longer cooking times).

TO SERVE:

Warm plate in a 200-degree oven. Spoon warm rice onto plate and top with one kabob per person.

