Hopcott Meats – Cooking Class  
with Chef Jeff Massey

Wednesday, March 21, 2018

**Seared Fraser Valley duck breast salad with poached figs and red wine**

**Over Simple Salad of Shaved fennel, toasted walnuts and baby lettuces**

For the duck:

Score the fat side of the duck to release fat

Season with salt and pepper

Sear on the skin side over low heat untill the fat is rendered out and the skin is a crispy golden colour

Turn once and sear on the flesh side for approximately 4 minute

Remove from heat and rest

Slice, serve

For the figs:

1 cup red wine

1 cup sugar

1 cup water

2 packages of dried figs (about 1 lb)

1 tsp sea salt

1 cinnamon stick, 5 cloves, 1 tsp fennel, 1tsp coriander, 4 allspice berries

Combine all ingredients and simmer to syrup consistency

**Seared and roasted pork tenderloin  
Over caramelized onion and grilled apple risotto**

For the Risotto

6 cups chicken broth

3 tablespoons butter

2 shallots, diced

1 1/2 cups Arborio rice

1/2 cup dry white wine

sea salt to taste

2 cup assorted roasted mushrooms

freshly ground black pepper to taste

3 tablespoons finely chopped parsley

1/3 cup freshly grated Parmesan cheese

2 apples grilled

1 onion well caramelized

For the pork:

Season and sear the pork

Roast in the oven at \*375 for 24-28 minutes or until done

Slice and serve as per demo

**Slow red wine braised chuck roast over parsnip and pear pure**

2-3 pounds of trimmed beef chuck roast

Salt and pepper to taste

5-6 tblsp flour to dredge (optional)

3-4 tblsp vegetable oil to sear

4 shallots sliced

4 clove garlic sliced

2-3 sprigs each of fresh rosemary, sage and thyme

3 cups red wine

3 cups chicken or veal stock (sub bouillon if necessary or water)

Method:

Season the chuck steaks liberally, dredge in the flour (optional) and sear over medium high heat until full rich colour is achieved

Combine all ingredients over seared meat in large ovenproof dish, cover with foil and vent

Slow roast at 300\* for about 3 to 3 ½ hours

When done and very tender, remove meat; reduce remaining liquid to sauce consistency over medium high heat

For the parsnip pure:

1 lb pears, chopped

1 lb parsnips, peeled and chopped

2 cups whipping cream

1 cup chicken stock

Salt to taste