

## CHEFS AT HOME

## Fuss-Free Organic

D.C. Chef Nora Pouillon Serves a Simple Oven-to-Table Roast Duck



**THE CHEF:** NORA POUILLON is the Austrian-born chef-owner of Restaurant Nora in Washington. The restaurant opened in 1979.

**KNOWN FOR:** Her commitment to using organic and local ingredients. In 1999, Restaurant Nora became the first certified organic restaurant in the U.S., which means that at least 95% of the ingredients used are organic. Ms. Pouillon says that the easiest way to start eating organic at home is to incorporate little changes by adding one item a week.

**THE MEAL:** An oven-to-table meal that can be adapted depending on produce availability. Organic vegetables will have a "much stronger flavor" than the conventional kind, says Ms. Pouillon. In addition to salad, Ms. Pouillon likes to serve the duck with steamed green beans tossed with a bit of lemon-flavored olive oil, salt and pepper.

**KITCHEN TIP:** For a more refreshing salad, lighten vinaigrette with a little water.

—Melanie Grayce West

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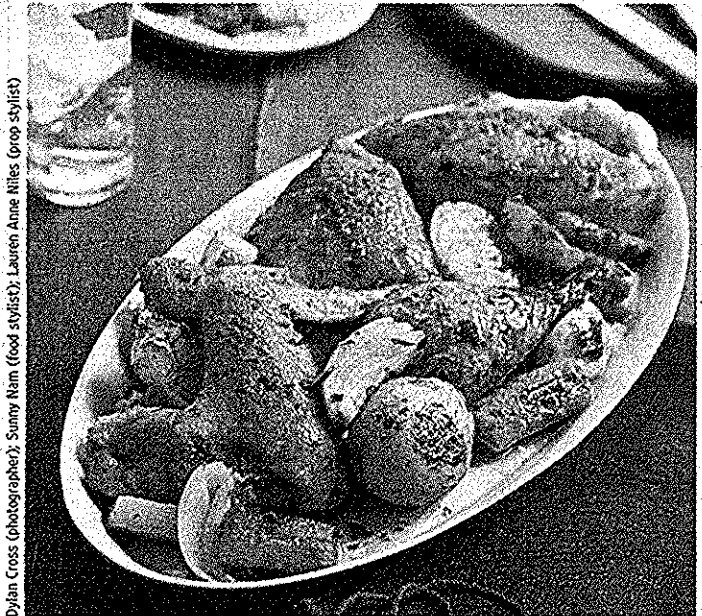
## Roasted Duck With Seasonal Vegetables



Yield: 4-6 servings  
Preparation time: 15 to 25 minutes  
Cooking time: 1 to 1½ hours

- 1 (5 to 6 pound) Pekin duckling cut up into 6-8 pieces, or substitute duck legs or chicken drumsticks (Chef's note: A whole duck is usually enough for 4 people, you may need to add more pieces for 6 people.)
- 2 large carrots, peeled and cut into 1½-inch pieces
- 4 small or 8 baby turnips, trimmed and peeled (small turnips quartered)
- 4 medium parsnips, peeled and cut into 1½-inch pieces
- 8 small new potatoes scrubbed and dried, or 3 large potatoes, peeled and quartered
- 4 shallots, peeled and separated or 2 onions, peeled and quartered
- 2 to 4 heads garlic unpeeled and halved crosswise
- 3 tablespoons olive oil
- 4 tablespoons mixed chopped fresh herbs, such as rosemary, thyme, oregano and/or parsley
- sea salt and freshly ground black pepper
- 1 cup duck stock, chicken stock or white wine
- Celery or parsley leaves for garnish

■ Preheat the oven to 400 degrees. Wash the poultry and pat dry. Prick the skin of the duck all over with the



Dylan Cross (photographer); Sunny Ram (food stylist); Lauren Anne Biles (prop stylist)

tip of a paring knife or a toothpick, being careful not to pierce the flesh.

■ Put the duck, carrots, turnips, parsnips, potatoes, shallots and garlic into a large bowl. Drizzle with the oil, sprinkle with the chopped herbs and season generously with salt and pepper. Toss to combine.

■ Pour half of the stock or wine into a large roasting pan. Remove the duck pieces from the bowl and place them skin side down in a single layer into the roasting pan. Roast the duck for 30 minutes.

■ Turn the duck over, prick the skin all over again. Nestle the seasoned vegetables between the pieces of poultry. Drizzle the remaining stock

or wine into the pan. Return to the oven and roast until the duck and vegetables are nicely browned and cooked through, about another hour. (If using only chicken, roast chicken skin side down with the vegetables and stock or wine for 30 minutes. Turn the chicken over, add the remaining stock or wine and roast until chicken and vegetables are nicely browned and cooked through, about another 30 minutes.)

■ Place vegetables and poultry on a large platter and pour some of the accumulated juices on top. Garnish with celery or parsley leaves. The roasted garlic can be slathered on bread or eaten as is.

## Belgian Endive, Mâche, Beets &amp; Apple With Walnuts &amp; Sherry Vinaigrette



Yield: 4-6 servings  
Preparation time: 20 minutes  
Cooking time: 12-25 minutes

minutes

- ½ pound red beets (4 small or 8 baby beets), trimmed and scrubbed
- ½ cup English walnut halves
- 1 tablespoon sherry vinegar
- Sea salt and freshly ground black pepper
- 3 tablespoons extra-virgin olive oil

- 4 to 6 ounces mâche or 1 large bunch watercress, stems trimmed (on watercress)
- 2 to 3 heads Belgian endive
- 1 crisp apple

■ Preheat the oven to 350 degrees. Steam the beets in a small saucepan, covered, using a collapsible steamer, or boil in water over medium-high heat until tender, 12 to 15 minutes for baby beets and 20 to 25 minutes for small beets.

■ Meanwhile, put the walnuts on a baking sheet and toast in the oven

for 8 to 10 minutes or until fragrant and lightly colored. Set aside.

■ Make the vinaigrette: Combine the vinegar with salt and pepper in a small bowl with a whisk or fork until the salt dissolves. While whisking, slowly add the oil in a steady stream. Adjust seasonings. Set aside.

■ Wash and dry the greens well, and put into a large bowl. Wipe the outside of the endives with a damp cloth, then trim the base and separate the leaves; set aside. Core and thinly slice the apple; set aside.

■ When the beets are cooked, rinse

them under cold water until cool enough to handle. Dry, peel and then quarter the beets and add to the bowl of greens.

■ Just before serving, toss the greens and beets with about 2 tablespoons of the vinaigrette. Add more to taste. Divide the greens between 4 to 6 dinner plates, mounding them in the center of each plate. Arrange the endive and the apples around the edge of the greens. Add beets to each salad and sprinkle with the walnuts. Drizzle the remaining vinaigrette over the endive.