

# TRE POSTI

**Organic Autumn Lettuces with Walnut Vinaigrette** (serves 4)

*Recipe by Nash Cagnetti, Executive Chef*

## **For the vinaigrette:**

½ cup	Cider Vinegar
1 tsp	Honey
1 tsp	Whole Grain Mustard
1 ¼ cup	Olive Oil
2 tblspn	Walnut Oil
1 cup	Shelled Walnut Halves, lightly toasted
	Salt & Pepper to taste

1. Add the vinegar, honey, and mustard to a mixing bowl.
2. Season with salt and pepper then whisk to combine.
3. In a slow and steady stream, whisk in the olive oil and walnut oil.
4. Stir in the walnuts and adjust seasoning if necessary.

## **For the salad:**

4 ounces	Humboldt Fog Goat Cheese, frozen solid
8 handfuls	Organic Mixed Lettuces
1 large	Ripe Pear, cut into julienne strips about 1/8 inch thick
1 pint	Celery Root, cut into julienne strips about 1/8 inch thick

1. Mix together lettuces, pears, and celery root.
2. Season with salt and pepper.
3. Drizzle on desired amount of walnut vinaigrette and toss to combine.
4. Plate individually onto 4 chilled salad plates.
5. Using a fine microplane, shave the goat cheese liberally over each salad.

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## Fall Spiced Duck Breast (serves 4)

*Recipe by Nash Cognetti, Executive Chef*

### For the duck:

4 ea	Boneless Skin on Duck Breasts
1/2 tsp	Nutmeg, grated
1/2 tsp	Cinnamon, grated
1/2 tsp	Star Anise, grated
1/4 tsp	Allspice, ground
1/4 tsp	Cloves, ground
1/4 tsp	Cardamom, ground
	S&P to taste

1. Score the skin on the duck breast in a crosshatch pattern, being careful not to cut into the meat.
2. Mix all spices together.
3. Season duck breast as desired with salt, pepper, and fall spice mixture.
4. Place breasts skin side down into a cold sauté pan.
5. Place pan over high heat; once duck begins to sizzle, reduce heat to low immediately.
6. Cook duck breasts for 10-15 minutes, basting with their cooking fats and moving their positions in the pan to cook evenly.
7. Once skin is golden brown and crispy, remove duck from pan and empty almost all of the fat out.
8. Return duck to pan, flesh side down, and cook for 1-2 minutes longer.
9. Turn off heat and allow duck to rest.

### For the Brussels sprouts:

4 cups	Brussels sprouts, cleaned and cut in half
2 tblspn	Olive Oil
	S&P to taste

1. Bring a large pot of water to a boil.
2. Season aggressively with salt.
3. Add the Brussels sprouts and cook for 3-4 minutes.
4. Drain and place onto a baking tray lined with a kitchen towel.
5. Pat Brussels sprouts dry.
6. Heat oil in a large sauté pan.
7. Add Brussels sprouts and cook over high heat for 4-5 minutes until crispy and browned.
8. Season with salt and pepper.

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## For the potato hash:

1 cup	Medium Yukon Gold Potatoes, diced (not peeled)
1 cup	Medium Sweet Potatoes, diced (peeled)
1 cup	Medium Purple Potatoes, diced (not peeled)
3/4 cup	Pancetta, diced
1/2 cup	Yellow Onion, diced
1 tblspn	Garlic, minced
2 tblspn	Butter
1 tblspn	Olive Oil
2 tblspn	Fresh Sage, chopped
1 tblspn	Fresh Thyme, chopped
3/4 cup	Heavy Cream

1. Warm the olive oil in a large sauté pan over high heat.
2. Add the pancetta and cook until crispy and browned.
3. Remove the pancetta and set aside.
4. Add 1 tblspn butter then add the onion and cook until softened.
5. Add the garlic, sage, and thyme and cook for 1 minute longer.
6. Add the potatoes, toss all together, and season with salt and pepper.
7. Lower the heat to medium high and cook the mixture for 8-10 minutes or until the potatoes begin to brown and caramelize.
8. Add about 1/2 cup of water, reduce the heat to medium low and cover.
9. Cook until the potatoes are just barely cooked through.
10. Remove lid and increase heat to high.
11. Add cream and remaining butter and cook 3-4 minutes until the mixture has thickened.
12. Stir in the reserved pancetta.

## For the sauce:

1 cup	Cabernet wine
1	Shallot, diced
1/2 cup	Pomegranate Molasses
2 tblspn	Butter
4 tsp	Pomegranate Seeds

1. Sauté the shallot in 1 tblspn butter until translucent.
2. Add the wine and reduce by 3/4.
3. Add the pomegranate molasses and stir to combine.
4. Stir in the remaining tblspn butter and pomegranate seeds.

## To finish:

1. Divide the hash onto 4 plates.
2. Divide the Brussels sprouts as well.
3. Thinly slice the duck breasts and place one breast onto each plate.
4. Drizzle each with pomegranate sauce.

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## “Crazy Figs” Recipe

warmed Sonoma figs with honey, balsamic vinegar, black pepper, mint,  
and vanilla ice cream (serves 4)

*Recipe by Nash Cognetti, Executive Chef*

16 ea	Ripe Black Mission Figs, stemmed and halved
1/2 cup	Honey
1/2 cup	Balsamic Vinegar
3 tblspn	Fresh Mint
	Cracked Black Pepper and Sea Salt to taste
1 quart	Vanilla Ice Cream, good quality

1. In a large saucepan heat the honey until bubbling and just beginning to caramelize.
2. Add the balsamic vinegar and reduce by 3/4.
3. Toss the figs in the honey-balsamic mixture to warm and coat.
4. Add the mint, sea salt, and aggressive cracks of fresh black pepper.
5. Divide the ice cream into 4 bowls and top with the fig mixture.