

# Matthew May's

## TEACHING KITCHEN

BETTER LIVING THROUGH FOOD AND SCIENCE

June 17, 2023 "Food & Wine Pairing"

### PROSCIUTTO-WRAPPED SHRIMP WITH TERIYAKI HONEY

**12 shrimp, 16/20 or larger, peeled, cleaned, and de-veined**

**6 thin slices of prosciutto, sliced in half lengthwise**

**½-cup honey, slightly warmed (warmed in microwave for 30 seconds)**

**¼-cup soy sauce**

**¼-cup sesame oil**

**¼-brown sugar**

**¼-cup sesame seeds**

**¼-cup chopped fresh chives or green onions (optional)**

Preheat grill, skillet or frying pan on medium-high heat. Cut prosciutto in half, lengthwise. Wrap each shrimp with one strip of prosciutto. In a small saucepan, combine honey, sesame oil, brown sugar, and soy sauce; bring to a gentle simmer on low heat. Place shrimp on hot grill or sauté pan and cook on each side for about 1½ - 2 minutes per side. Cook shrimp on each side so that they cook 1/3 of the way through on each side. The shrimp will be slightly raw in the very center but will continue to cook after removing them from the heat. This is called 'carry-over cooking'. If you were to cook the shrimp halfway on each side, they will end up over cooked, tough, and chewy. Prosciutto will brown and become slightly crisp. Remove from heat. Serve on individual plates or platter. Drizzle with warm teriyaki honey and garnish with a sprinkling of sesame seeds. Garnish with optional sliced chives or green onions.

### PAN-SEARED DUCK BREAST W/ CHERRY-PORT WINE

**1 whole duck breast, split, skin on, cut in half (resulting in two half-breasts)**

**1-tsp. "Herbs de Provence" Sea Salt (found at [www.eastcoastsaltcompany.com](http://www.eastcoastsaltcompany.com))**

**1/8-tsp. cracked black pepper**

**½-cup port wine**

**¼-cup dark sweet cherries, pitted**

**1 cinnamon stick**

**1 sprig fresh thyme**

**1 sprig fresh rosemary**

Preheat oven to 250°F. Place a baking sheet pan or cookie sheet pan in the oven to get hot. Score (cut shallow cuts) diagonally on the fat-side of each duck breast. Turn each breast 45 degrees, and then score again, creating a 'diamond pattern' on the fat-side of the breast. Season both sides of the breast with black pepper and sea salt. Lay each duck breast, fat-side down, in a cold skillet or fry pan. Turn burner on to low heat and render the fat from the breasts. This process can take 30-40 minutes. Take your time. Do not let the rendered fat get too hot. It should sound like gently sizzling bacon. The amount of rendered fat will increase in the pan, while the thickness of fat on each duck breast will decrease. Do not let the rendered fat come above the layer of fat on the duck breast. You will need to pour off some of the rendered fat as you go along. Save it! As duck fat is amazing to cook with potatoes! (You can store duck fat in your freezer up to 6 months.) When most of the fat is rendered and has become golden brown, carefully remove the breasts from the pan and place on heated cookie sheet (already in the oven) fat-side down. Finish cooking in oven for about 15 minutes, or until the internal temperature has reached 135°F. Remove duck from oven and remove from hot pan and allow to rest for five minutes. The internal temperature will continue to climb to about 140°F.

While duck is in the oven, combine port wine, cherries, cinnamon stick, and herbs in a small saucepan. Cook on medium heat for about 15-30 minutes, allowing the wine to reduce in volume by half.

Place each duck breast on a cutting board, fat-side up. Allow the breast to rest for about 5-7 minutes. Slice each duck breast about ¼-inch thick. Transfer sliced duck to a serving plate or platter. Serve with the port wine cherry sauce. Sweet and savory.

## **CHOCOLATE POT DE CREME**

**1-cup heavy cream**

**2-ounces dark chocolate chips**

**1-tsp. cocoa powder (unsweetened)**

**4 egg yolks**

**1 TBSP. sugar**

**2 6-ounce ramekins or glass dessert dishes**

(Makes two desserts)

Preheat oven to 300°F, with rack positioned in center of oven. For custard, add cream to saucepan, along with vanilla, chocolate chips and cocoa. Bring to a low boil; stirring to keep the chocolate from settling on the bottom. In a medium sized bowl, whisk egg yolks and 1 TBSP. sugar together. Slowly whisk in hot chocolate cream, a little at a time, until smooth. You may still see pieces of the dark chocolate chips as it may not melt all the way. This is natural for dark chocolate as it has less fat than milk chocolate. Pour hot chocolate cream mixture evenly into the 2 custard cups, (6–8-ounce custard cups or ramekins). Transfer the filled custard cups to a deep baking dish and pour enough water in baking pan to come halfway up the sides of the ramekins. Bake until custards are JUST set, about 40 minutes. (Remember that chocolate is in a liquid state when hot, so it will appear that it is not cooked all the way). Remove from oven and remove ramekins from hot water and allow to cool on the counter about an hour. Transfer to the refrigerator (uncovered) to cool completely. Refrigerate for at least 2 hours before serving. (May be prepared 2-3 day ahead; cooled, tightly wrapped, and stored in refrigerator.)