



ALPHA OMEGA

Roulade of Duck Confit, Grilled Eggplant & Jimmy Nardello Peppers with Charred Fennel Tapenade and Roasted Plum Reduction

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Owner, All Things Culinary

Yield: 4 portions

Ingredients

Roulade

2 duck confit legs, deboned and shredded
1 globe eggplant, 1/2-inch slices, lengthwise
8 Jimmy Nardello peppers, trimmed, deseeded
1 bunch red Swiss chard
1 shallot, minced
2 teaspoons garlic, minced
1/4 cup extra virgin olive oil
salt and pepper as needed

Tapenade

4 slices fennel, stalks removed, 1/4-inch slices (green leaves reserved for garnish)
1/2 cup kalamata olives, pitted
1 clove garlic
1/4 cup extra virgin olive oil
1/2 teaspoon thyme leaves, fresh
1/2 teaspoon lemon zest

Plum Reduction

4 black plums, roasted, skin and seed removed
1 cup red wine
2 cups chicken stock
1 thyme sprig
1 small bay leaf
2 tablespoons butter, cold
salt and pepper as needed



Credit: Rebecca Peizer

Directions:

1. *For the Roulade:* Season the eggplant and peppers with salt, pepper and olive oil. Grill until lightly charred and cooked through. Set aside to cool.
2. Cut the stems out of the leaves of chard and chop the stems into 1-inch pieces.
3. Bring a pot of salted water to a boil and blanch the leaves for 30 seconds. Remove and shock in an ice bath. Pat dry.
4. Heat a sauté pan on medium heat with remaining olive oil and add the stems, shallot, and garlic. Sauté until softened, about 5 minutes. Add the duck confit, stir, adjust seasoning, and set aside to cool.
5. Lay the chard leaves on a work surface with the smooth side down. Into a 16 inch rectangle. Layer the eggplant slices and then the peppers to cover the chard leaves completely.
6. Place the duck confit mixture down toward one end along the entire edge of the chard/eggplant/peppers.
7. Starting at the end with the duck confit, roll the chard up into a log. Cut into 4 inch pieces and wrap each in plastic wrap and set aside.
8. *For the tapenade:* Season fennel with salt, pepper, and olive oil. Grill both sides until softened and charred.
9. Cool the fennel and chop into small pieces.
10. Place the olives, garlic, olive oil, thyme and lemon zest in a food processor and process until a coarse mixture is achieved. Fold in the fennel. Season to taste and set aside.
11. *For the plum reduction:* Place all ingredients except the plums and butter into a saucepan on medium high heat and reduce by half.
12. Remove the herbs and add the plum flesh. Cook on medium heat until the mixture is reduced further by half.
13. Puree the mixture with the cold butter in a blender until smooth and adjust seasoning as necessary the cold butter and set aside.
14. *To serve:* Heat the roulade in a pot of boiling water for 3-4 minutes. Remove the plastic wrap and slice into 3-4 pieces.
15. Place plum reduction in the center of the plate and spread in a circular fashion.
16. Shingle slices of the roulade onto the reduction.
17. Place dollops of the tapenade around the roulade and garnish with fennel greens and a dusting of black pepper.

Enjoy!

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