



The porcini need to be dried, and here's why: You grind them, and use the powder to dust the duck breasts with after they've been grilled. Just put some of the porcinis into a blender and blitz them for 30 seconds or so. You will get powder, along with larger bits. Separate the two and reserve ? the bits go into the risotto, the powder on the breasts.

Ingredients:-

4 duck breasts

Kosher salt

Olive oil

4 ounces dried porcini mushrooms

1 cup barley

1/4 cup pancetta or thick-cut bacon, cut into batons

4 crushed garlic cloves

1 tablespoon fresh sage

2 tablespoons olive oil

1 cup white wine

3 cups chicken, veggie or duck stock

1/2 cup fig or other fruit syrup (or maple syrup)

Parmesan slivers to garnish

Method:-

(1) Toss the breasts with some olive oil and kosher salt. Let stand at room temperature for 15-30 minutes.

(2) Meanwhile, take about 3/4 of the dried porcini mushrooms and blitz them in a blender. You want between a teaspoon and a tablespoon of mushroom powder. The rest will be larger bits. Separate the powder from the bits and reserve.

- (3) Dunk the rest of the dried porcini in warm water to reconstitute.
- (4) In a heavy pot, heat the 2 tablespoons olive oil over medium heat. Add the, pancetta or bacon and cook until almost as crispy as you would eat it.
- (5) When the bacon is at that point, add the garlic. Stir and cook 1 minute.
- (6) Add the sage, stir and cook everything until you just see the garlic begin to brown.
- (7) Add the white wine and turn up the heat to high.
- (8) Add the barley and stir until the wine is almost absorbed.
- (9) Add about 1/2 cup of chicken or duck stock and stir it in. When making a risotto-type dish, you want to add liquid slowly, stirring often, in an uncovered pot. This releases more starches from the grain and creates a sauce that seems like it has cream in it, but doesn't. So keep stirring and adding liquid until the barley is nearly done.
- (10) When you can chew the barley but it isn't quite ready, fire up the grill on high.
- (11) Once the grill is hot, lay the breasts skin side up on the grill and cook for 8-10 minutes.
- (12) Once the barley is done, turn off the heat and cover.
- (13) After 4 minutes, check the doves. You should have a nice browned, crisp skin on the breasts. If so, turn them over. Don't of cook, a little pinkness in the meat is perfect.
- (14) To serve, lay down some of the barley risotto and top with the duck. Dust the doves with the porcini powder. If they look dry, drizzle just a teeny bit of olive oil over them.
- (15) Finally, drizzle the fig or other fruit syrup over the birds and garnish with Parmesan slivers.

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