

Carter Plantation



- City / State: Springfield, LA
Classification: Public
Designer: First signature design of PGA champion and LSU All American David Toms
Course built: 2003
Website: <http://www.carterplantation.com>
Restaurant Name: The Plantation Dining Room at Carter Plantation
Chefs Name: Gary Fonseca
Chefs Career Highlight:
Chef Fonseca can be referred to as "A pioneer redefining American Cuisine in Louisiana". Prior to joining Carter Plantation in March, 2005, Fonseca served as Executive Chef at the Fairhope Inn and Restaurant in Fairhope, Alabama. The Chef, always striving for perfection, would make excursions to the East Coast, San Francisco, and Napa Valley, searching for new ideas. Fonseca served as Sous Chef at the award winning Dakota Restaurant in Covington, Louisiana. His palate was developed under the direction of Kim Kringle, 2000 Chef of the Year.

Recipe:

Vanilla Smoked Cured Duck Breast with Crème
Brulee Pain Perdue and Foie Gras buttered
Carter Plantation harvested Chanterelle
Mushrooms

Duck Breast

Ingredients:

4	each	Maple Leaf Farm Duck Breast
1	gal.	Water
7	oz.	Kosher Salt
4	oz.	Brown Sugar
1	tbsp.	Pure Vanilla Extract
$\frac{1}{2}$		Vanilla Bean
2	tbsp.	Sugar
		Pecan Wood Chips
		Vanilla Extract (imitation)
		Oil

Directions:

24 hours in advance.

Place gallon of water, salt, brown sugar, pure vanilla extract in container. Whisk, add duck breast, and submerge in brine one day. In a separate container, place pecan wood chips, cover with water, and add vanilla imitation until water changes color.

Next day take duck breast out of brine, rinse, pat dry. Place duck skin down on grill using indirect heat (or smoker) about 150 degrees, add vanilla wood chips, close lid and smoke for one hour. Add more vanilla wood chips if necessary to continue smoking. Scrape the inside of the vanilla bean and mix with sugar. When ready to sear off, rub skin side with sugar and vanilla bean mixture, pepper and lightly salt (the duck from the brine would have absorbed some salt). Sear fat side down in skillet with oil, flip on meat side, sear until browned. Flip back over and finish in oven, skin side down.

Let rest before slicing

Foie Gras Butter

Ingredients: 2 oz. Butter
4 oz. Foie Gras Scraps, Rendered Fat

Directions: Also can be done day in advance.
Place butter, foie gras scraps, and rendered fat in mixer, mix until well blended.

Pain Perdue

Ingredients: 4 2-inch French Bread Rounds
1 qt. Heavy Cream
1-1/4 cup Eggs
1/2 lb. Sugar
1/2 Vanilla Bean
Butter

Directions: Comes out better if done day before.
Place heavy cream and vanilla bean scraped in saucepan, bring up once (be careful, cream will boil over). While waiting for cream, place egg yolks and sugar in stainless steel mixing bowl, whisk by hand until ribbon like streams. Temper the cream into the eggs. When they are ready, store in refrigerator overnight. Strain through chinois. When ready to plate, melt butter in skillet, dip bread rounds into Brulee mix and brown both sides.

Chanterelle Mushrooms

Ingredients: 1/2 lb. Chanterelle Mushrooms

Substitute with your favorite mushroom if not available.

Carter Plantation has beautiful Chanterelles growing on property between the months of July and September. We harvest them while in season daily for our dinner menu. Forging mushrooms is a highlight every year and I would highly recommend it for anyone with a passion for food and a hunger for education.

Directions: Clean mushrooms with damp towel and tear them holding by the cap and tearing downwards. Melt foie gras butter on low heat. Add chanterelles and sauté for five minutes, season with salt and pepper.

Plating: Place Pain Perdue in center of plate. Top with thinly sliced duck, (fat side up) topped with Foie Gras Buttered Chanterelles, garnish with fresh herbs or micros... enjoy!

Yield: 4 servings

