

Hudson Valley Duck Farm Pasta Carbonara

Serves 4-6

Ingredients:

1 Hudson Valley Duck Prosciutto
16 oz. Fettuccine or Paparadelle pasta
2 cups frozen green peas
1 cup onion, chopped
3 cloves garlic, minced
3 cups heavy cream, room temperature
3 tbsp unsalted butter, softened
4 cups parmesan cheese, grated
1 egg (optional)
Salt
Pepper
Dried hot pepper flakes (optional)
Fresh basil (optional)

Directions:

Remove duck breast from refrigerator to take the chill off the meat.

Rinse peas in colander with cool water to remove frost. Set aside to drain.

Bring water and salt to a boil, then add pasta. Cook per instructions.

In a cold frying pan (cast iron is perfect), place duck breast skin side down and turn heat to medium/medium low. Cook until skin is caramel brown and fat has been rendered from the breast. Flip once and continue cooking for one minute. Remove duck from pan and place on a rack or plate. Just prior to serving, slice and cube the duck breast into small pieces.

From the same pan, pour off all but 3-4 tablespoons of the duck fat and add onion, a pinch of red pepper flakes, and a few grinds of salt and pepper. Sauté over medium heat until onions are translucent. Add garlic and continue cooking for one minute. Transfer ingredients to a small bowl.

In the same frying pan, add heavy cream and butter; stir occasionally over medium-high heat until it just starts to boil. Maintain heat for about two minutes, and then reduce heat to low. Add a few grinds of fresh pepper and slowly add three cups of the grated parmesan, stirring constantly. Continue to cook until sauce thickens and coats the back of a spoon.

When pasta is al dente, add peas to the boiling pasta for about 30 seconds. Drain both in a colander. Return pasta to the pan, then add onion mixture. Pour the parmesan cream over the pasta and toss thoroughly. Add the egg and toss gently to allow egg to blend with other ingredients. Top the pasta with the cubed duck prosciutto and chiffonade of fresh basil. Serve immediately with additional parmesan on the side.