

Napa Valley Mustard Festival

Winning Recipes 2008

Fifteenth Annual Napa Valley Mustard Festival

February 2 through March 29, 2008

The Awards ~ A Tasty Competition

March 14, 2008

Black Stallion Winery • Napa, CA

Smoked Pork Shoulder with Citrus Mustarda on Parker House Rolls

2008 Napa Valley Mustard Festival Critics' Choice Chef of the Year

Chef Andrew A. Arndt

Executive Chef

Elaine Bell Catering

Muscovy Duck with Organic Green Apple Glace & Chinese Mustard Cabbage

2008 Napa Valley Mustard Festival Chef of the Year

Executive Chef Peter Pahk

Silverado Resort

Napa Valley Mustard Festival

Smoked Pork Shoulder with Citrus Mustarda on Parker House Rolls

**2008 Napa Valley Mustard Festival Critics' Choice Chef of the Year
Executive Chef Andrew A. Arndt, Elaine Bell Catering**

page 1 of 2

Mustarda Recipe

Serves 5

½ cup mustard seed
2 tbs mustard powder
3 navel oranges
1 whole ruby grapefruit
2 limes
1 lemon
½ one medium pineapple
2 cups simple syrup (sugar and water)

- Skin all citrus; remove all bitter pith and small uniform dice
- Small dice pineapple
- In small saucepan bring simple syrup to boil and add all citrus to liquid and simmer for 10 minutes
- Add mustard powder and simmer again for 10 minutes
- Add pineapple dice simmer for 5 minutes
- Remove from heat and fold in mustard seeds
- Reserve and refrigerate

For the Pork

1 5-lb boneless pork shoulder
6 cups water
½ cup brown sugar
½ cup kosher salt
1 tbs chili flake
1 tbs white pepper corns
1 bunch parsley stems
2 whole lemons sliced and quartered
4 fresh bay leaves
1 tbs coriander

Napa Valley Mustard Festival

page 2 of 2

- Combine all ingredients except pork in a large plastic or metal container and whisk until salt and sugar have dissolved.
- Add pork (pork should be completely covered with liquid). Cover with plastic and refrigerate for 24 hours.
- Remove and season with salt and pepper
- Place in smoker for 12 hours at 200 degrees or until falling apart gently

To Plate

- Shred pork into bite size 2-3 oz chunks while hot
- Place onto warm Parker House rolls that are cut almost into half lengthwise
- Place about 1 teaspoon of Mustarda onto the meat
- Serve warm

Napa Valley Mustard Festival

Muscovy Duck with Organic Green Apple Glace & Chinese Mustard Cabbage

**2008 Napa Valley Mustard Festival People's Choice Chef of the Year
Executive Chef Peter Pakh
Silverado Resort**

4 each Muscovy hen breasts
4 pieces Gai Choy (Chinese mustard cabbage)
4 oz demi glace
4 oz organic apple glace
1 cup chicken stock
6 oz unsalted butter
4 oz micro mustard greens and edible flower petals
 salt and pepper to taste

- Score and season skin side of duck breast.
- Pan sear skin side down on medium heat until skin is crisp (about 3-4 minutes)
- Turn and cook for about 6 more minutes on medium – low heat until 135° internal temperature (medium rare) is reached.
- Reserve in a warm place.
- Bring a pot of salted water to a boil and blanch gai choy – shock in the ice water – drain, pat dry – cut in half lengthwise.
- In a non-stick skillet melt 4 oz butter- add gai choy and chicken stock and bring to a full boil – season with salt and pepper - reserve in liquid.
- Combine demi and apple glace and bring to a boil.
- Strain – adjust seasoning with salt, pepper and butter.

To plate

- Fold gai choy in half and place in center of plate.
- Fan three slices of duck breast on top of cabbage.
- Drizzle 1 oz of sauce around and on top of duck.
- Garnish with micro mustard greens and edible flower petals.