

# Cooking with autumn flavor

October classes by Market Street chef create fall feasts

By ALEXANDRA GREELEY

THE CONNECTION

Chef Duane Keller, who presides over the kitchen at the Market Street Bar and Grill, Hyatt Regency Reston, is planning a month-long series of cooking classes in the restaurant's kitchen. Beginning on Saturday Oct. 10, and continuing for the remaining Saturdays of the month, these classes will have a specific theme for each session.

The opening class, slated as "The Fish Market," will feature a gumbo, as the appetizer, and a grilled or baked fish dish.

Keller wants to demystify fish cooking for a public who may think that anything with fins and scales is too threatening to prepare at home.

Other topics include Autumn Hunt, The Meat Market and the "Moveable Feast," the last a collection of portable one-dish meals that will help solve some holiday cooking and entertaining problems.

Keller will send students home with recipes on handy index cards for easy filing. He plans to hold these classes quarterly with recipes suited to the seasons. Those who attend each ses-

## Hyatt celebrates Greek food with recipe contest

Area Hyatt Hotels are introducing their fall Greek Food Festival -- from mid-September to mid-November -- by luring local cooks to participate. This interesting twist on a commercial venture calls for area cooks -- not necessarily Greek ones -- to enter a Greek "Best Appetizer Recipe Contest." For the winning entry: a slot on the Hyatt menu during the food festival.

Dianne Murphy, director of public relations at the Hyatt Regency Reston, explains that holding a recipe contest in the D.C. metropolitan area seemed logical. "There is a large Greek population in the area," she explains. "We are also working with local Greek churches and Greek organizations." Judges, of course, will be Hyatt chefs and a member of the Greek embassy in Washington or a member of Greek community.

Judges are looking for recipes that are both authentic and flavorful, she says. Recipes will also be judged on presentation and originality.

Seven winners will be picked: The first prize consists of a Saturday night for two at the Grand Hyatt in New York. The second prize: a Saturday night for two at the Hyatt Regency Reston. The four runners-up, plus the three prize winners, will be invited to feast at a Chef's Table lunch at an area Hyatt.

Submit appetizer recipes in writing to Dianne Murphy, Hyatt Regency Reston, by noon on Monday, Sept. 14 (or the prepared dish itself to the Hyatt Regency Washington, care of public relations). Include your name, address, phone number, recipe name and instructions, and family origin of dish. Winners will be notified on Sept. 15.

If you cannot cook but love Greek food, simply dine at an area Hyatt with a three-meal restaurant during the Greek Food Festival. You will find such temptations as stuffed grape leaves; spicy Greek sausage with banana peppers, onion and tomatoes; and grilled pork tenderloin kebab and rice pilaf.

— ALEXANDRA GREELEY



CHEF: Duane Keller, who presides over the kitchen at the Market Street Bar and Grill, Hyatt Regency Reston, offers month-long series of cooking classes in the restaurant's kitchen in October.

sion will build up an impressive recipe collection in no time.

Keller himself will be doing the demonstrations and cooking, preparing enough food so that each participant will have a sample of the day's fare.

Class size is limited to 30, so reservations are suggested.

The adjoining recipe, to be featured at the Autumn Hunt session, is a sweetish and rich entree reflecting a connection to the Virginia hunt country and the South. (A "buckle," explains Keller, is a Southern word for cobbler.)

## TO SIGN UP

**WHAT:** Cooking classes at Market Street Bar and Grill

**WHERE:** Hyatt Regency at Reston Town Center

**WHEN:** Four Saturdays in October, 10 a.m. to noon, beginning Oct. 10.

**WHO:** Chef Duane Keller

**COST:** Each class is \$20. Participants may sign up for all four classes for \$70.

**INFORMATION:** Call 709-6262 or 709-6203.

### TOPICS:

■ Oct. 10, The Fish Market

■ Oct. 17, Autumn Hunt

■ Oct. 24, The Meat Market

■ Oct. 31, The Moveable Feast (portable one-dish meals)

# Recipe from Autumn Hunt Series By Chef Duane Keller

*Brandied Duck Breast on a wild rice, Gooseberry and Virginia apple "Buckle."*

Serves: 8

### For the "Buckle" - A southern word for cobbler.

- 2 oz. Softened Butter
- 4 oz. Sugar
- 2 large eggs
- 1/2 cup Honey
- 1 Tbsp. Brandy
- 2 cups All Purpose Flour
- 1 tsp. Fresh Ground Pepper
- 1 cup Sliced Virginia Apples, preferably Stamin
- 1 cup Gooseberry (cleaned) or sub-

- stitute Blueberry when not available
- 2 cups Cooked Wild Rice. Preferably a Canadian Jumbo
- 1/2 cup Hot Duck or Chicken Stock plus 1 tsp. baking soda
- 1 Tbsp. Balsamic Vinegar
- 2 Tbsp. Chopped Parsley
- 1 Tbsp. Pommery Mustard (Whole Grain Mustard)

### Procedures:

Pre-heat oven to 325 degrees. Grease 8 x 8 casserole dish. Cream softened butter and sugar until white. Beat in 1 egg at a time, slowly stir in honey, alternately mix in flour and chicken stock. Add remaining ingredients and fold in fruit and wild rice. Bake for 25 - 30 minutes or until springy.

### For the Duck Breast

- 4 each 10 oz. fresh duck breasts (skin on)
- 4 Tbsp. Minced Shallots
- 2 Tbsp. Green Peppercorns
- 4 oz. Brandy
- 2 oz. Softened Butter
- 2 cups Duck or chicken stock
- 1 cup Heavy whipping cream
- Salt to taste
- 2 Tbsp. Whole Grain Mustard

### Procedures

Render duck fat by sauteing breast skin side down approximately 20 - 25 minutes over medium heat. Turn duck breast over and cook for 3 minutes and remover from heat. Discard rendered duck fat. Using the same pan saute the shallots and green peppercorns with the softened butter for 1 minute on high. Add the brandy and flambe'. Add the remaining ingredients and the duck. Simmer for 3 minutes and remove the duck. Reduce sauce by half.

Arrange sliced duck breast around "buckle" artfully. Drizzle approximately 2 oz. of sauce on both the "buckle" and sliced duck breast.