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## *CHEF JOHN FOLSE'S BRAISED TEAL DUCK*

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**Prep Time:** 3–3½ Hours

**Yields:** 6 Servings

**Comment:**

From the moment I tasted this teal recipe, I knew I had to have it, but I had to wait until hunting season was over for my friend Chip Veillon to write it out for me. Hunters are a focused bunch! Chip suggests a feeding syringe for getting the seasoning mixture into the breast (check at medical or farm supply stores). A pastry bag would work in a pinch, though.

**Ingredients:**

12 teal ducks, dressed

1 cup diced onions

½ cup diced celery

¼ cup diced green bell pepper

¼ cup diced red bell pepper

¼ cup chopped garlic

½ cup green onion sausage or ground pork

Creole seasoning to taste

½ cup vegetable oil

1 cup red wine

3–4 cups chicken stock

**Method:**

In a food processor or blender, purée onions, celery, bell peppers and chopped garlic. Add sausage or ground pork and continue to blend. Add Creole seasoning to taste. Mixture should be a smooth paste, thin enough to pass through a large syringe, but not liquid. Set aside. Season teal inside and out with Creole seasoning. Starting from the back, run a sharp knife along each side of the sternum, being careful not to break the skin on the front of the breast. Fill syringe with puréed mixture and inject into each side of breast until it “puffs up.” In a large pot, heat vegetable oil over medium-high heat then place teal, breast side up, in pan. Brown 7–8 minutes then rotate and brown breast an additional 7–8 minutes. Deglaze the pan with wine and allow to steam 6–8 minutes. Add enough chicken stock to cover birds three-quarters of the way. Bring to a boil then cover and reduce to simmer. Cook 2–3 hours or until backbones start to become defined. Add water or chicken stock as necessary to keep pot from drying out. Remove from heat and serve hot with pan juices.