

**Arugula, Morel Mushroom, and Wild Asparagus Salad**  
**Chef William Merelle**

**Ingredients:**

1 pound wild asparagus,  
1 pound morel mushroom  
4 tablespoons olive oil  
5 shallot  
2 garlic cloves  
1/2 cup of duck fat  
1 1/2 cups duck broth  
4 thyme sprigs  
1 tbsp orange zest  
1 tbsp fresh Italian parsley, chopped  
1/2 pound arugula  
1 cucumber very thinly sliced  
1 tbsp extra-virgin olive oil  
1 tsp fresh lemon juice

**Directions:**

Blanch asparagus in large skillet of boiling salted water for about 2 minutes so they stay crunchy. Drain. Transfer to large bowl of ice water to cool and drain again.

Melt 2 tablespoons of duck fat in heavy sauce pan over medium-high heat. Add shallots and garlic cloves. Sprinkle with salt and saute for 1 minute. Stir in the morel mushrooms. Cook for 5 minutes on low heat. Add 1½ cups duck stock, thyme, and orange zest and bring to boil. Cook to simmer until mushrooms are very tender, about 10 minutes. Let mushrooms cool in liquid.

Discard garlic and thyme sprigs. Drain, reserving cooking liquid.

Melt 1 tablespoon duck fat in heavy large skillet over medium-high heat. Add asparagus, morel mushrooms, and 3 tablespoons mushroom cooking liquid. Stir mixture gently to coat.

Add remaining, orange, parsley, toss gently to coat. Season mixture to taste with salt and pepper.

Mix arugula, cucumber, oil, and lemon juice in medium bowl. Season to taste with salt and pepper. Divide asparagus and morel mushrooms among plates. Drizzle with any sauce from skillet. Top with arugula salad and serve.

Bon Appetit