

Cauliflower cream, with toast of home made duck rilette and fresh chive oil |

Recipe for 4 portions

Description

A nice and warming appertizer to help fight the winter.

Ingredients

Cauliflower cream

- 150 Gr Leek
- 1 Clove(s) Chopped garlic
- 400 Gr Cauliflower
- 150 Gr Yukon gold potatoes
- 1 Liter(s) Chicken stock
- 75 Ml 35% cooking cream
- 80 Gr Nugget of foie gras

- Butter
- Salt and pepper
- Olive oil

Duck rillettes

- 1 Unit(s) Confit duck leg
- 0.50 Unit(s) Baguette
- 50 Gr Duck fat
- 2 Sprig(s) Thyme

- Butter
- Salt and pepper
- Olive oil

Herb oil

- 4 Sprig(s) Parsley
- 8 Sprig(s) Chives
- 1 Sprig(s) Tarragon
- 1 Clove(s) Chopped garlic
- 60 Ml Olive oil

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **60 mins**

Preperation

Peel the leeks and cut them in slices then pass under cold water to clean out the dirt if there is any.

Make the chicken stock by adding the concentrate to warm water.

Clean and cut the cauliflower into florets (smaller sections).

Peel and finely chop the garlic.

Peel and cut the potatoes into cubes.

Pull the duck meat, so as to make strands that are bite sized.

Finely chop the chives, parsley, tarragon and thyme (remove the thyme leaves from the central branch as the branch has an unpleasant texture to eat).

Duck rillettes

In a saucepot, melt the duck fat, then add the pulled duck meat and the thyme. Cook gently for 2 minutes. Remove from heat and place the duck mixture on a baking sheet, cover with plastic wrap and refrigerate.

For the croutons, cut 4 nice slices diagonally, and toast in the oven with a light helping of oil.

Cauliflower cream

In a saucepot, melt the butter. Add the leeks and garlic and sweat until translucent. Add a pinch of salt and pepper. Add the cauliflower, potatoes and chicken stock. Bring to a boil, then reduce the heat and let simmer for 20-25 minutes or until all the vegetables are cooked through. Remove from heat, then pass in a blender until a smooth and creamy consistency. Season to taste.

Herb oil

Place your herbs, oil and garlic in a blender. Blend until the herbs are quite fine. Strain the preparation through a chinois étamine (extra fine strainer).

Plating

Spread the duck rillettes on your croutons. In a plate bowl, add the desired amount of cream of cauliflower soup. Place the duck croutons on the side of the bowl. Finalize the plate with a thread of herb oil on the soup and some fresh chopped herbs. Enjoy!

Bon appétit!