

Duck breast marinated with garlic and rosemary on the grill, paris mushrooms, Memphis style BBQ sauce

Recipe for 4 persons

Description

A simple and efficient recipe for the barbecue accompanied by a green salad.

Note

You can easily add some smokiness to the barbecue sauce by either adding liquid smoke or a smoked hot sauce.

If you are looking for a good vinaigrette, visit www.ateliersetsaveurs.com and go to recipes. Type the keyword vinaigrette and you are sure to find something that pleases you.

Vous pouvez aussi, mettre les magrets sous-vide (cuisson à 56°C/133°F), il ne vous reste plus qu'à les saisir sur le grill ou dans une poêle côté peau, juste pour leur donner une belle apparence.

Ingredients

Duck magret

- 2 Unit(s) Duck magret
- Salt and pepper
- Vegetable oil

marinade

- 1 Head(s) Garlic
- 2 Sprig(s) Rosemary
- 250 Ml Olive oil

- Salt and pepper
- Vegetable oil

Memphis sauce

- 150 Ml Water
- 140 Gr Tomato paste
- 60 Gr Apple cider vinegar
- 40 Ml Lemon juice
- 40 Gr Butter
- 35 Gr Brown sugar
- 30 Ml Worcestershire sauce
- 20 Ml Rice vinegar
- 2.50 Gr Powder serrano piment
- 1.50 Gr Onion powder
- 1 Gr Malabar black pepper
- 1 Gr Tabasco
- 1 Gr Mustard powder

- Salt and pepper
- Vegetable oil

Mushrooms

- 12 Unit(s) Button mushrooms

- Salt and pepper
- Vegetable oil

Green salad

- 4 Handful(s) Salad mix
- 75 Ml Home vinaigrette

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45.00 mins**
- Preheat your **BBQ** at **400.00 F°**

Preparation

Peel and minc the garlic. Pluck the rosemary and mince it. Combine both with olive oil in a mixing bowl and let sit for an hour.

Make sure you have enough of your favorite vinaigrette ready to accompany the salad.

Wipe the mushrooms to clean them with a damp rag.

Duck magrets

Remove excess fat from the duck magrets and then brush them with the rosemary and garlic oil.

Cooking

Remove the excess marinade from the duck breasts with your fingers. Sear them on your grill, fat side down. If the flames are getting too intense because of the fat melting, transfer the duck to the upper part of your barbecue. Close the grill and turn it down. Continue to cook for 10-15 minutes, depending in their size and then let rest for 10 minutes before serving.

Mushrooms

In a mixing bowl, combine the mushrooms with a drizzle of canola oil, salt and pepper.

Place them, head side down, on your preheated grill and give them nice grill marks.

Make sure not to overcook them so they keep their freshness and shape.

Memphis BBQ sauce

In a cast iron pot, combine all of the ingredients. Cook on low heat for 20-40 minutes or until it reaches a nice consistency. A reduction of roughly 50% is usually perfect.

Season to taste with salt, pepper, vinegar and hot sauce, to your liking.

Plating

After the resting time of the duck, make nice slices from each magret and then brush them with the barbecue sauce.

Place the slices off center or to the side of your plate. Place the mushrooms beside as well as the green salad with your vinaigrette.

Bon appétit!