

# Duck breast, mashed potatoes and chestnut, maple cranberry sauce - Virtual workshop version

## Recipe for 2

### Description

Quebec ingredients and flavors are emphasized in this recipe.

### Note

The cooking is important in this recipe,

You can change the alcohol to flambé (Cognac, Armagnac, etc...)

In a recipe with flambé, we always boil the spirits to eliminate the power of the taste and keep only the aromas.

### Ingredients

#### Mashed potatoes

- 300 Gr Yukon gold potatoes
- 100 Ml Milk
- 75 Gr Butter
- 0.50 Unit(s) Onion
- 8 Unit(s) Whole chestnuts in box
  
- Butter
- Salt and pepper

#### Duck breast with cranberry sauce

- 1 Unit(s) Duck magret
- 1 Unit(s) Shallot
- 150 Ml Veal demi-glace
- 75 Ml Maple syrup
- 120 Gr Frozen Cranberry
- 30 Ml Whiskey
  
- Butter
- Salt and pepper

### Preparation

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

#### Preparations before the video course

##### Preparations

Peel the potatoes, keep them in a bowl of cold water. Drain the chestnuts.

Keep the duck breast outside for 15 to 20 minutes before the course begins.

Make sure you have your veal stock (or demi-glace) ready in a pan.

Make sure you have salt, pepper, olive oil and peanuts (canola)

##### Materials

Saucepan (for cooking potatoes) Forks for mashing

Frying pan and ovenproof dish (duck breast)

Cutting board, paring knife (small) and chef's knife (large).

Clean linens, table scraps.

Pair of tongs, spatula (maryse).

### Duck breast with cranberry sauce

#### **Cranberry sauce**

**Finely chop the shallot, sweat in a pan with butter, add the whisky, flambé, add the cranberries and maple syrup.**

**Let it reduce a little, moisten with the veal demi-glace.**

**Let cook with a light broth for about 15 minutes.**

**Make sure to season with salt and pepper.**

#### **Duck breast**

**Remove the excess fat from the duck breasts, slash the fat with the blade of a knife in diamond shapes. Season generously with salt on the fat side, place the duck breast in a cold pan on the fat side.**

**Place the pan on minimum heat, every 3 to 5 minutes gradually increase the heat, degreasing as you go.**

**Once you reach the highest heat, remove the duck breast once a nice color is obtained.**

**Then place the duck breasts in the oven for 5 to 6 minutes depending on their size. Be sure to let them rest for 7 to 8 minutes before cutting them and putting them on the plate.**

### Mashed potatoes with chestnuts

Peel and dice the potatoes and chop the onion.

Drain the chestnuts if necessary.

In a saucepan, sweat the onions in butter, once they are colored, set them aside.

In the same pan, add the potato cubes, moisten with cold water, add salt, bring to a boil. Lower the heat, let it cook with a light broth for about 20 to 30 minutes.

Once cooked, drain the potatoes, add butter and season with salt and pepper. Crush the potatoes, then crumble the pieces of chestnuts, mix gently.

### Plating

In the center of the plate, place the mashed potatoes with chestnuts on the side of the plate, place half of the duck breast cut in half along its length. Top with cranberry sauce.

Finish with a young shoot.

**Bon appétit!**