

# Duck breast skewers, apricot with sumac, parsnip mousseline, orange sweet and sour sauce

Recipe for 4 persons



## Description

Simplicity and great flavour will make this a hit at your dinner table.

## Ingredients

### Duck and apricot skewers

- 2 Unit(s) Duck magret
- 24 Unit(s) Skewer sticks
- 10 Gr Sumac
- 12 Unit(s) Dried apricots
  
- Butter
- Salt and pepper

### Parsnip mousseline

- 500 Gr Parsnip
- 250 Ml Milk
- 1 Knob Butter
  
- Butter
- Salt and pepper

### Orange sweet and sour sauce

- 20 Ml Balsamic vinegar
- 50 Ml Orange juice
- 100 Ml Veal stock
- 1 Unit(s) Orange zest(s)
  
- Butter
- Salt and pepper

## Preparation

- Preparation time **30 mins**
- Preheat your **Four** at **400 F°**

### Preparation

Clean and trim duck breast of any skin and fat.

Cut the apricots in half.

Peel the parsnip, chop into cubes.

Zest and juice the orange, keeping both parts separate.

Heat your veal stock.

### Duck breast and apricot skewers

Cut the duck breast into slices width-wise (try to get at least 24 slices per breast).

Roll each slice around a half an apricot, then skewer two of your rolls with the bamboo skewers.

In a hot pan with vegetable oil, sear each side of your duck skewer for 15 seconds to get a nice colour.

Finish the skewers on a tray in the oven for 4-5 minutes, just before serving.

### Parsnip mousseline

In a pot, add the milk and the parsnip cubes. Bring to a boil, then lower to a simmer and cook the parsnip until it is fully done (test with a small knife to see if it enters and exits the parsnip easily).

Transfer the parsnip to a food processor using a slotted spoon. Mix the parsnip into a puree, adding the butter and seasoning with salt and pepper.

You can add some milk whie mixing to achieve the desired consistency.

### Orange sweet and sour sauce

In a pot, reduce the balsamic vinagre and the orange juice by half, over medium-high heat.

Add the orange zest and the veal stock. Let reduce over a low heat. Season with salt and pepper, if necessary.

### Plating

Remove the duck skewers from the oven, sprinkle all over with sumac.

Spread the parsnip mousseline at the bottom of your dish, place two skewers nicely on top and sprinkle some sumac for decoration.

Serve the orange sweet and sour sauce in a bowl on the side for dipping.

**Bon appétit!**