

Duck confit parmentier, caramelized onions and rosemary sweet potatoes puree, Porto reduction sauce, green salad |

Recipe for 4 portions



Description

Discover a duck confit version of the French classic, with a sweet potato puree flavored with rosemary and caramelized onions, served with a refreshing mixed green salad and honey dressing, and Port reduction.

Note

You can prepare and assemble in a ring mold your duck confit parmentier one day ahead. Only add on the breadcrumbs on the day itself and add 30 minutes to the cooking time to reheat your parmentier through.

Ingredients

For the parmentier

- 2 Unit(s) Confit duck leg
- 500 Gr Sweet potatoes
- 1 Sprig(s) Rosemary
- 4 Sprig(s) Thyme
- 125 Gr Red onion
- 30 Ml Duck fat
- 25 Gr Japanese breadcrumbs (panko)

- Butter
- Salt and pepper

For the reduction

- 100 Ml Port wine
- 125 Ml Veal demi-glace

- Butter
- Salt and pepper

For the salad

- 4 Handful(s) Arugula salad

- 15 Ml White balsamic vinegar
- 30 Ml Olive oil
- 5 Ml Honey
- Butter
- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **400 F°**

Setting up

Shred the duck confit legs. Peel the sweet potatoes and dice them. Cut the red onion finely. Chop the tyme.

Preparation of the sweet potato purée

In a big pot, put the sweet potatoes, add the branch of rosemary. Cover with cold water and bring to a boil. Reduce the heat and let simmer for 20 minutes until tender. Strain the potatoes, remove the rosemary sprigs and transfer the sweet potatoes in a food processor. Turn them into a firm mash, using a little bit of cooking liquid or butter to adjust the texture. Finish with the caramelized onions.

Preparation of the duck confit

In a large pan, put the duck fat, the duck confit and cook for 2 minutes on medium heat. Deglaze with the red wine and add the thyme. Let it reduce until dry. On a baking sheet, place a metal ring. First, put a layer of duck mixture and cover with some sweet potato mash. Sprinkle the parmentier with bread crumbs. Put in the oven for 5-10 minutes.

For the reduction

In a sauce pan, reduce the Port until you get a sirup texture, add the veal stock and let it cook for 10 minutes, to get a nice consistency.

For the salad

In a bowl, mix the oil, the vinegar, the honey with salt and pepper. Pour the vinaigrette on the salad and mix it.

Assembly

Transfer the metal ring on your plate with a spatula and remove it. Serve your parmentier with the seasoned mixed green and finish with the sauce.

Bon appétit!