

Duck magret and foie gras Mason jar, sauté of mushrooms, roasted garlic mashed potatoes

Recipe for 4 persons

Description

Duck foie gras and magret quickly seared, and cooked in a Mason jar with a raspberry caramel and sautéed mushrooms with fresh thyme, served on mashed potatoes with roasted garlic.

Note

You can use regular button mushrooms or any seasonal wild mushrooms: morels, chanterelles, blue feet...

Ingredients

For the Foie gras and Magret Mason Jar

- 2 Unit(s) Duck magret
- 2 Unit(s) Foie gras scallop
- 300 Gr Mushroom
- 4 Sprig(s) Thyme
- 1 Unit(s) Red onion

- Salt and pepper
- Butter

For the raspberry caramel

- 150 Gr Sugar
- 150 Ml Raspberry vinegar

- Salt and pepper
- Butter

For the roasted garlic mashed potatoes

- 4 Unit(s) Yukon gold potatoes
- 1 Head(s) Garlic
- 200 Ml Milk

- Salt and pepper
- Butter

Preparation

- Preparation time **40 mins**

General preparation

Chop the fresh thyme and slice the red onion. Peel the potatoes and cut them into quarters.

Roasted garlic mashed potatoes preparation

Cut the garlic head in half and roast it in the oven with a drizzle of olive oil for 30 minutes or until browned. Place the potato quarters in a saucepan and cover with cold water. Bring to a boil and cook over medium heat for 20 minutes. Drain and mash the potatoes with a potato masher. Heat the

milk in a small saucepan and immerse the pulp of roasted garlic. Mix everything with a hand mixer. Finally, stir the garlicky milk in the mashed potatoes, add a knob of butter and season with salt and pepper. Set aside.

Mason jar preparation

First, cut the duck magret in half. Season the foie gras and magret with salt and pepper. Sear the duck magret on its two sides, starting with the skin side, to get a nice golden brown coloration. Sear the foie gras in a hot pan on both sides for 1 minute. In a nonstick skillet, sauté the mushrooms over high heat with a drizzle of olive oil for 5 minutes. Season with salt and pepper then add the red onion and fresh thyme. Cook for 2 minutes and set aside.

Raspberry caramel preparation

Melt the sugar over medium heat in small saucepan. When it reaches an amber color remove from heat and stir in the raspberry vinegar. Pour a little bit of raspberry caramel at the bottom of the Mason jar then put the duck on top followed by the foie gras. Finish by placing the sautéed mushrooms and close the jar. Place in a boiling water bath for 10 minutes.

To serve

In a plate, draw a line of roasted garlic mashed potatoes. Then unmold the jar on top.

Bon appétit!