

Duck rillettes, raisin and caramelized onions, yellow beetroot salad with grainy mustard

Recipe for 4 persons

Description

Duck rillettes flavored with caramelized onions and raisins served with a salad of yellow beets with fresh tarragon and crispy croutons.

Note

Rillettes and beets can be prepared several days in advance. However, only season your salad at the last moment to preserve the delicacy of the tarragon.

Ingredients

For the yellow beetroot salad

- 300 Gr Yellow beet
- 60 Ml Olive oil
- 30 Ml White balsamic vinegar
- 4 Sprig(s) Tarragon

- Olive oil
- Salt and pepper

For the duck rillettes

- 1 Unit(s) Red onion
- 150 Ml Duck fat
- 2 Sprig(s) Thyme
- 2 Unit(s) Confit duck leg
- 30 Ml Raisins

- Olive oil
- Salt and pepper

For the croutons

- 0.50 Unit(s) Baguette

- Olive oil
- Salt and pepper

Preparation

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

General preparation

Cook beets in a large volume of water with vinegar until they are tender (about 1 hour). Peel and cut into small dice. Take out the duck confit legs flesh from the bones with your fingers. Chop the red onion. Chop the tarragon and fresh thyme leaves.

Croutons preparation

Slice the baguette at an angle to get your croutons. Place them on a baking sheet and drizzle with olive oil. Season with salt and pepper. Bake for about 10 minutes until crisp.

Duck rillettes preparation

In nonstick skillet, use a spoon of duck fat to brown the red onion over medium heat until well

caramelized. This can take up to 10 minutes. In a saucepan, melt the duck fat and add the chopped thyme. In the bowl of a mixer, place the duck meat, the raisins, the onions and let the sheet turn at slow speed until shredded. Stir in duck fat with thyme. Cool down in the refrigerator, until it is completely cold. For the salad, mix oil, vinegar, tarragon with salt and pepper, then you can add the beets and mix all together.

For the plating

In a bowl plate, put a ring in the middle of it, fill it half way with the rilette, put the salad all around it, take the ring off and garnish the top with croutons. You are ready for the degustation.

Bon appétit!