

Duck tataki with red berries, green peas in meat jus sauce

Recipe for 4 persons



Description

A sweet and salty recipe that won't leave you indifferent!

Ingredients

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- 1 Unit(s) Duck magret
- 200 Gr Peas
- 200 Gr Meat juice
- 2 Unit(s) Shallot
- 100 Ml Port wine
- 20 Gr Brown sugar
- 3 Clove(s) Garlic
- 1 Sprig(s) Thyme
- 70 Gr Blueberry
- 50 Gr Raspberries
- 50 Ml Raspberry vinegar
- 0.50 Unit(s) Baguette

Preparation

- Preparation time **45 mins**
- Preheat your **Four** at **420 F°**

Preparation

Prepare the meat jus, keep it warm.

Finely chop the shallots.

Pare the duck magret: remove the fat from the magret and then make matchsticks from the fat.

Cut the baguette in fine slices.

Peel and crush the garlic.

Garnish

The red berries:

In a hot pan without oil or fat, add the red berries and cook for 2 minutes. Add the sugar, the vinegar and let cook until you reach a syrupy consistency.

The magret:

Season with salt and pepper the duck magret. In a hot pan with a drizzle of oil, sear the magret on each side for about 90 seconds. Set aside. Flash the magret in the oven for 3 to 4 minutes before slicing it.

The fat:

Put the duck fat in a pan with the garlic cloves and the sprig of thyme over medium heat. Let it melt slowly. Fry the fat until you obtain crispy fries and then set them aside on absorbent paper.

The sweet peas:

In a hot pan sweat the shallots. Add the peas and cook for 2 minutes while stirring. Deglaze with the Port wine and reduce until dry. Add the meat jus and let cook for 2 minutes. Adjust the seasoning if needed.

The red berries:

In a hot fat free pan, cook the red berries for 2 minutes. Then add the sugar and the vinegar and let cook until you reach a syrupy consistency.

The dish mounting

In a ramekin place the peas, then 2 or 3 slices of magret (depending of their size). Add the red berries on top and finish with the duck fat fries. Serve right away.

Bon appétit!