

Four spice honey glazed duck magret and roasted garlic mashed potatoes, mixed green salad with French shallot

Recipe for 4 persons



Description

Roasted duck magret with honey and 4 spices glaze accompanied by mashed Yukon gold potatoes flavored roasted garlic.

Note

Duck magret benefits from being cooked over medium rather than high heat on the skin side to maximize fat melting and consequently: crustiness.

Ingredients

For the duck magret

- 2 Unit(s) Duck magret
- 120 Ml Honey
- 5 Ml 4 spices powder
- Olive oil
- Salt and pepper
- Butter

For the garlic mashed potatoes

- 600 Gr Yukon gold potatoes
- 1 Unit(s) Head of garlic
- 200 Ml Cream 35%
- 100 Gr Butter
- Olive oil
- Salt and pepper
- Butter

Green salad with French shallot

- 4 Handful(s) Mixed greens
- 1 Unit(s) French shallot
- 5 Ml Balsamic vinegar
- 10 Ml Olive oil
- Olive oil
- Salt and pepper
- Butter

Preparation

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

General preparation

Peel the potatoes and cut them into pieces. Reserve in cold water. Cut the garlic in half and roast the ½ heads of garlic in the oven with a drizzle of olive oil for 25 minutes wrap in aluminum paper.

Lacquer preparation

In a small saucepan, heat up the honey mixed with 4 spices on medium heat for 5 minutes.

Preparation of duck magret

Season the duck magret with salt and pepper. In non-stick skillet, sear the duck over medium heat, being careful to start with the fat side. Once the duck is golden on both sides, lay it on a baking sheet. Using a pastry brush, brush the duck with the glaze. Bake in oven for 6-8 minutes. Let rest.

Prepare mashed potatoes with roasted garlic

Place the potato pieces 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. Transfer the roasted garlic pulp in the hot cream and butter and mix everything with a hand blender. Finally stir the mix in the mashed potatoes and season with salt and pepper. Reserve.

Green salad

In a bowl, mix the balsamic vinegar with the olive oil and the French shallot. Season with salt and pepper. Add the dressing to the salad just before serving.

To serve

Thinly slice the duck magret. In each plate, serve the mashed potatoes using a ring mold, arrange the duck slices on top in a fan.

Bon appétit!