

Maple syrup roasted duck breast, mushrooms creamy polenta and green asparagus tips - Virtual Workshop Version

Recipe for 2

Description

A sweet, salty and spicy duck breast recipe.

Note

The creamy polenta must be done at the last moment to be served to it's optimal potential.

Ingredients

Duck breast

- 1 Unit(s) Duck magret
- 50 Ml Maple syrup
- 3 Ml Four spice mix
- 2 Pinch(es) Fleur de sel

- Salt and pepper
- Butter

Soft polenta and mushrooms

- 3.50 Tbsp Polenta
- 300 Ml Vegetable stock
- 1 Tbsp Mascarpone cheese
- 6 Unit(s) Button mushrooms
- 1 Unit(s) Portobello mushroom
- 1.50 Tbsp Grated parmesan
- 1 Unit(s) Green onion

- Salt and pepper
- Butter

Asparagus tips and onions petals

- 8 Unit(s) Green asparagus
- 2 Unit(s) Cipollini onion

- Salt and pepper
- Butter

Preparation

- Preparation time **45.00 mins**
- Preheat your **four** at **425.00 F°**

To prepare before class

Ingredients

Prepare your vegetable stock, keep it nice and warm. Make sure all of your ingredients are also measured and ready.

Material

1 cutting board, 1 pairing knife, 1 chef knife, 1 pan, 1 resting grill, 1 saucepan (for polenta and asparagus), 1 small saucepan, 1 pair of tongs.

Mise en place

To remove the dirt use a wet cloth to rub the mushrooms, then slice them .
Shred the parmesan, cut the bottom ends of the asparagus and peel the onions.

Peel the carrots

Chop the garlic

Mince the onion and the green onion

Remove some of the fat of the duck (see with chef)

Duck breast

Using a small sauce pan, melt the maple syrup at a low heat than mix in it the 4 spices, cook them for 3 minutes without boiling. Season the duck breast and sear them in a hot pan starting by the skin side than transfer them on a baking sheet, rub them with the maple syrup spiced lacquer than bake them for 10 to 12 minutes. when they come out of the oven let them rest for about 5 minutes before cutting them.

Mushrooms polenta

Bring to boil the vegetable stock than sparkle the polenta while mixing constantly, cook for 13 to 15 minutes, keep on stirring with a wooden spoon until you reach a thick consistency than add the parmesan and the mascarpone cheese. Mold the polenta in a 1 inch pan than portion it into patties using a dough cutter. Before serving heat a pan, add in it some butter than sear in it the polenta patties. Heat a sauce pan, than add in it some oil and butter than stir fry in it the mushrooms.

Asparagus tips and onions petals

Blanch the asparagus in salty boiling water for 3 to 4 minutes than cool them down in freezing cold water, than stir fry them in some duck fat. cut the onions in half than sear them in duck fat in a sauce pan until you reach a nice color, turn down the heat and keep cooking until your onions are candied.

Bon appétit!