

Pan seared duck magret, apple cider reduction, wilted spinach and celery root puree |

Recipe for 4 portions

Description

Duck magret with crispy skin glazed with maple syrup served with a puree of celery root, wilted spinach and an apple cider reduction.

Note

Mashed celeriac can be done using the robot, since it does not contain as much starch as potatoes. To prepare mashed potato, we recommend using a potato masher.

Ingredients

For the celeriac puree

- 400 Gr Celeriac
- 75 Ml Cream 35%
- 1 Pinch(es) Nutmeg
- Butter
- Salt and pepper

For the magret

- 600 Gr Duck magret
- 200 Ml Apple cider
- 60 Ml Maple syrup
- 150 Gr Shallot
- Butter
- Salt and pepper

For the spinach

- 1 Clove(s) Garlic
- 4 Handful(s) Spinaches
- Butter
- Salt and pepper

Preparation

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

General preparation

Trim the magret of any excess fat and nerve tissue, and score the skin lightly in a criss-cross pattern. Finely chop the garlic and shallots.

Celeriac puree preparation

In a saucepan, place the celeriac and cover with water to cover. Add salt and cook over low heat for 25 min. In a saucepan, heat cream over low heat. Season with salt and pepper and add the grated nutmeg. Drain the diced celery and place them in the bowl of a food processor. Mix them until a

smooth puree. Add the cream gradually.

Duck magret preparation

Season the duck with salt and pepper. In nonstick skillet, sear the duck breast on high heat, starting with the fat side until browned and crispy. Place the duck breast on a baking sheet and brush with maple syrup. Finish cooking in the oven for 8-10 minutes. Let rest the duck for about 5 minutes before slicing.

Apple cider reduction preparation

Remove duck fat from the pan used to sear the duck and put it back on the fire. Sweat the shallots and deglaze with apple cider. Simmer until a slightly thick and syrupy consistency is obtain.

Wilted spinach preparation

In a nonstick skillet with a knob of butter, sauté garlic for 1 minute then add spinach a few moments only until they wilt. Season with salt and pepper.

To serve

In each plate, place a great portion of celeriac purée, place a bit of wilted spinach on top. Add half a duck breast on top. Drizzle with apple cider reduction.

Bon appétit!