

# Roasted duck breast, braised endive, fragrant cereals and parsleyed new carrot

Recipe for 4 personnes

## Description

A bold blend of flavors that will delight your guests

## Note

The perfect comfort food

## Ingredients

### Duck magret

- 2 Unit(s) Duck magret
- Salt and pepper

### Braised endives

- 4 Unit(s) Endive
- 30 Ml Butter
- 50 Ml Maple syrup
- 30 Ml Light soy sauce
- 150 Ml Water
- 1 Tsp Chinese five spices powder
  
- Salt and pepper

### New carrots with parsley

- 4 Unit(s) Garden carrot
- 3 Sprig(s) Parsley
- 150 Ml Chicken stock
- 15 Ml Butter
  
- Salt and pepper

### Creamy cereals

- 100 Gr Pearled barley
- 50 Gr Quinoa
- 500 Ml Veal stock
- 2 Unit(s) Chopped shallot
- 50 Ml Cognac
- 50 Ml Mascarpone cheese
  
- Salt and pepper

## Preparation

- Preparation time **45 mins**
- Preheat your **four** at **375 F°**

### The duck breast

Trim the duck breasts and cook them in a frying pan on the skin side for 10 minutes over medium heat and turn them over for 3 minutes. Continue cooking in the oven until the internal temperature is 52C and let it rest for 5 minutes.

### Endives

Cut the endives in half and remove the heart. Colour them lightly with the butter. Add spices and liquids. Cover and bake for 1 hour at 375F.

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Stir in chicken stock and butter, cook carrots until tender. Finish with the parsley.

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Cook the cereals separately in salted water like pasta -Glaze the shallots with a little oil, then flambé them with cognac. Drain and finish cooking the cereals in the brown stock. Once all the stock has been absorbed, finish with the mascarpone and keep warm.

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In a deep bowl, place a nest of creamy cereals and top with half a thinly sliced duck breast. Complete the plate with 2 endive and 1 carrot. Put a little fleur de sel on the duck.

**Bon appétit!**