

Seared duck breast with ginger, foie gras escalope, roasted parsnips and roasted hazelnuts, parsley coulis |

Recipe for 4 servings

Description

Duck breast with winter flavours of ginger, root vegetables and hazelnut sublimed by a slice of foie gras.

Ingredients

Duck breast and sauce

- 2 Unit(s) Duck magret
- 40 Gr Fresh ginger
- 100 Ml White wine
- 250 Ml Veal stock

- Butter
- Salt and pepper
- Olive oil

Parsnip

- 400 Gr Parsnip
- 50 Gr Hazelnuts
- 4 Sprig(s) Thyme

- Butter
- Salt and pepper
- Olive oil

Foie gras and parsley juice

- 2 Unit(s) Foie gras scallop
- 3 Tbsp Flour
- 40 Gr Flat parsley
- 1 Tbsp Melted butter
- 75 Ml Olive oil

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Prep

Ideally, the day before, finely chopped the fresh ginger and put it in the white wine to marinate. Slice off the extra fat around the breast, score the remaining fat in criss-cross.

In a sauce pan, start the beef stock, leave it to simmer.

Toast the hazelnut for 5-6 minutes in a hot oven, crush them using the bottom of a sauce pan.

Parsnip

Peel the parsnip, slice them in half or quarter lengthwise depending on how big they are. Place them

in a bowl, add the thyme, salt and pepper. Drizzle some olive oil, mix well and lay on a baking tray. Cook in a hot oven for about 35 minutes., careful with the coloration...

Remove the parsley leaves from the stems.

Duck breast and ginger sauce

Duck breast

Salt the breasts on the fat side using fleur de sel. Lay them in a cold pan fat side down.

Turn on the heat on low, every 3-4 minutes turn it up a little more. Remove the excess fat from the pan when needed.

Once colored, turn the breasts flesh side down for 1 minute. Set them aside on a grill or a baking tray.

Depending on the thickness, place them in the oven for 7 to 10 minutes. Once out of the oven, leave to rest for 5 to 7 minutes before serving.

Sauce

Once you obtained 1 litre of demi-glace from the beef stock, add the white wine and ginger, leave to cook on a low simmer, reduce until it becomes syrupy.

Season to taste.

Foie gras slices and parsley juice

Foie gras

Put the frozen slices of foie gras in flour. Sear them in a hot pan on both sides for about 30 seconds.

Before serving, place the foie gras 3-4 minutes in a hot oven.

Parsley juice

Mix all the parsley leaves in a blender with the butter, the olive oil, salt and pepper. Careful with the consistency, you don't want it to be too liquid (slowly add the olive oil)

Plating and last touch

In a plate, place the duck breast (sliced in two lengthwise).

Lay on top half a slice of foie gras, add a pinch of fleur de sel.

On the side, place the parsnip and drizzle some of the parsley juice on and around them.

By the meat, pour some ginger sauce.

Bon appétit!