

Slow-cooked duck breast, one-minute reduction, celery purée, young sprouts and vegetables |

Recipe for 4 servings

Description

A duck breast cooked gently over a long period of time. A revolutionary technique that is sure to impress you and your guests.

Note

Feel free to use any vegetables you like.

Ingredients

Duck magret

- 2 Unit(s) Duck magret
- 2 Clove(s) Garlic
- 2 Sprig(s) Thyme

- Salt and pepper
- Olive oil

Minute sauce

- 250 Ml Veal stock
- 125 Ml Port wine
- 100 Gr Shallot
- 4 Turn(s) Fresh ground black pepper
- 1 Clove(s) Garlic
- 1 Leaf(ves) Bay leaf
- 1 Sprig(s) Flat parsley

- Salt and pepper
- Olive oil

Preparation

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

Preparation

Peel and crush the garlic.

Was hthe vegetables and peel them if necessary. Peel and mince the shallots.

Baby vegetables

- 8 Unit(s) Baby carotte
- 8 Unit(s) Green onion
- 8 Unit(s) Baby pattypan squash
- 20 Gr Brown sugar
- 50 Gr Butter

- Salt and pepper
- Olive oil

Celery root purée

- 400 Gr Celeriac
- 100 Gr Onion
- 30 Gr Butter
- 1 Liter(s) Chicken stock

- Salt and pepper
- Olive oil

Prepare the veal stock and keep warm. Prepare the chicken stock and keep warm.

Peel and mince the onion.

Peel the celery root and cut it into medium sized cubes.

Remove the excess fat from the duck magrets and then score the fat side in a criss cross pattern.

Duck magrets

Season the duck breasts with salt and pepper and then place them in the vacuum bags with the crushed garlic and thyme. Seal the bags.

Transfer the bags into the immersion circulator preset to 54C. Cook for roughly 2 hours.

Once cooked through, remove the duck breasts from the bags, remove excess liquid and then sear them on both sides in a hot skillet. Let rest for roughly 10 minutes before serving.

Baby vegetables

Cut the vegetables lengthwise in 2.

In a hot skillet with oil, cook the vegetables with a pinch of salt, sugar and butter.

Transfer to the oven for roughly 15 minutes or until cooked through while retained a slight bite.

Minute sauce

In a sauce pot without any oil or butter, sweat the shallots and garlic. Once lightly colored add the thyme and pepper. After about 2 minutes, add the Port wine and reduce by one third. Add the veal stock and reduce by half or until you reach the desired consistency. Season to taste with salt and pepper. Before serving, pass the sauce through a fine mesh sieve. You want to remove any impurities or unpleasant textures.

Celery root purée

In a large pot, sweat the onions with a knob of butter and drizzle of oil. Once they are nice and caramelized, add the celery root cubes. Cover with the chicken stock and cook for 30-40 minutes or until the celery root cubes are nice and tender. With a slotted spoon, remove the celery root cubes and transfer to a blender. Blend until nice and smooth. Add a few knobs of butter while continuing to blend. Season with salt and pepper to taste. Set aside.

Plating

You can either cut the duck in half lengthwise and serve like that or make the slices yourself. Place a nice scoop of the celery root purée at the bottom of the desired serving dish. Place the duck on top of the purée and then place the vegetables slightly off to the side.

Drizzle with a nice helping of the sauce and then garnish with young herb sprouts.

Bon appétit!