

Spiced honey glazed duck magret, fingerling potatoes à la Sarladaise, green asparagus |

Recipe for 4 servings



Description

Seared duck breast, roasted and then glazed with four spice flavoured honey, served with fingerling potatoes roasted in duck fat with green asparagus and coated with a hint of parsley and garlic.

Note

The duck breast benefits from being cooked over medium heat rather than high heat on the skin side to help melting the fat and maximize the crispness.

Ingredients

For the fingerling potatoes and asparagus

- 600 Gr Fingerling potatoes
- 2 Clove(s) Garlic
- 4 Sprig(s) Parsley
- 40 Gr Duck fat
- 12 Unit(s) Green asparagus

- Salt and pepper

For the duck magret

- 600 Gr Duck magret
- 50 Gr Honey
- 5 Ml Four spice mix

- Salt and pepper

Preparation

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

General preparation

Remove excess fat from the duck magret, and keep those pieces of excess fat. With the tip of a knife, score the duck magret on the fat side. Slice the potatoes, chopped garlic and parsley. Cut the tender part of the asparagus diagonally.

Fingerling potatoes and asparagus preparation

Cut the potatoes into slices half a cm thick and place them in a bowl and coat and mix with the

melted duck fat, salt and pepper. Put them on a baking sheet and bake them for 35 minutes. In the oven, add the parsley and garlic. Cut the asparagus diagonally, blanch them in boiling salted water for 3 to 4 minutes, then plunge them into an ice water bath. Drain and stir-fry with a dollop of duck fat.

Duck magrets preparation

In a small saucepan, combine honey and 4 spices and melt over low heat for 3 minutes. Season with salt and pepper the duck. In a skillet over high heat, sear the duck breasts on the fat side. Place the duck breasts on a baking sheet, brush them with lacquer. Finish cooking in oven for 10 to 12 minutes for medium rare. Let the duck rest for about 5 minutes before slicing.

To serve

Place a serving of potatoes and asparagus at the bottom of your plate and arrange the slices of duck breast on top. Decorate the plate with the remaining honey glaze.

Bon appétit!