

Vacuum sealed duck breast, balsamic gastrique, seared foie gras, fresh herb spaetzle, leeks

Recipe for 4

Description

Here is a cooking technique that will guarantee you perfect results for almost any protein.

A sweet and sour caramel based sauce accompanied by foie gras and a rich delicious garnish.

Note

A longer cook time in a vacuum bag allows for the proper cooking of the collagen in your protein. In the case of duck, there isn't too much.

Ingredients

Duck

- 2 Unit(s) Duck magret
- 2 Sprig(s) Thyme
- 2 Clove(s) Crushed garlic
- 1 Big Vacuum bag
- 1 Unit(s) Thermocirculateur

- Butter
- Salt and pepper
- Olive oil

Foie gras

- 16 Unit(s) Nugget of foie gras

- Butter
- Salt and pepper
- Olive oil

Leeks

- 1 Unit(s) Leek
- 25 Gr Butter

Gastrique sauce

- 120 Gr Sugar
- 100 Ml White balsamic vinegar
- 50 Ml Xérès vinegar
- 50 Ml Balsamic vinegar
- 1 Unit(s) French shallot
- 25 Ml Port wine
- 325 Ml Veal stock

- Butter
- Salt and pepper
- Olive oil

Spaetzle

- 150 Ml Water
- 2 Unit(s) Egg
- 200 Gr Flour
- 1 Pinch(es) Salt
- 2 Sprig(s) Parsley
- 8 Sprig(s) Chives
- 10 Leaf(ves) Spinaches

- Butter
- Salt and pepper
- Olive oil

- 1 Sprig(s) Thyme
- 125 Ml White wine
- Butter
- Salt and pepper
- Olive oil

Preparation

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

Preparation

Prepare the duck breasts by removing the excess fat. Transfer to your vacuum bags with the garnishes and vacuum seal them.

Prepare the water bath for the immersion circulator, and set it up for a temperature of 56°C (133°F).

Peel and mince the shallots. Prepare the veal stock. (home made or store bought) Keep warm.

Cut the leeks in 4 lengthwise and then rinse well to remove any dirt that may be present. Slice the leeks.

Duck breasts

Place the vacuum bags with the duck in the water bath and let cook for 3 hours ideally, minimum 1 hour. Don't worry about over cooking, the temperature will never pass that of the water bath.

That is what is most interesting about this cooking technique.

Once ready to serve, remove the duck from the vacuum bags and the sear them fat side down in a skillet with no oil or butter. Make sure to give them a nice golden coloration.

Cut the breasts in 2 lengthwise. They are ready to serve.

Gastrique sauce

In a sauce pot, start cooking the sugar with the white balsamic vinegar. Bring to a boil and cook until it takes a nice golden color. Immediately add the rest of the vinegar to stop the caramel from overcooking. Cook until it has a nice syrup like consistency.

In a hot skillet with butter, sweat the shallots. Deglaze with the Port and let reduce.

Add the caramel and vinegar preparation as well as the veal stock and cook on medium heat for 10 minutes. Season to taste with salt and pepper.

Foie gras

Sear the foie gras in a super hot skillet. Transfer to a baking sheet lined with absorbent paper. Set aside. Place in the oven to heat through just before serving.

Herb spaetzle

Place all of the greens in your blender. Bring the water to a boil and then transfer to the blender as well. Blend until smooth and then pass through a fine mesh sieve. Let cool.

Place the flour in a mixing bowl and form a well in the center. Add the eggs. Slowly add the herb infused water while mixing. Add the salt.

Bring a pot of salted water to a boil. Place a colander on top (make sure the holes are large enough, 5mm)

With the help of a spatula, pass the spaetzle mix through the colander so that little bits fall in the boiling water.

Once they float to the surface, roughly 1-2 minutes, remove them with a slotted spoon making sure to remove excess water.

5 minutes before serving, sear the speatzle in a hot skillet with butter and season to taste with salt and pepper. Make sure they are nice and crispy before serving.

Leeks

In a skillet with oil and butter, cook the leeks until slightly tender. Deglaze with a splash of white wine and season to taste. Set aside.

Plating

In the center of your plate, make a nice bed of leeks. Place the spaetzle on top and top that with the duck breast. Garnish with a generous drizzle of the gastrique sauce and the seared foie gras.

Finish the plating with some young shoots.

Bon appétit!