

Roasted duck breast, green pepper sauce and brown rice

Recette pour 4 personnes

Description A simple but real tasty dish.

L'idée déco You could also use some green mustard for the sauce.

Ingrédients

For the duck breast

- 2 Unit(s) Duck magret
- 4 Sprig(s) Thyme

- Salt and pepper
- Vegetable oil

For the green pepper sauce

- 60 Ml Dijon mustard
- 150 Ml Cream 35%
- 75 Gr Butter
- 1 Unit(s) Green pepper seeds

- Salt and pepper
- Vegetable oil

For the brown rice

- 250 Gr White rice
- 1 Liter(s) Beef broth
- 1 Unit(s) White onion

- Salt and pepper
- Vegetable oil

Préparations

Temps de préparation **45 mins**

For the preparation

Chop the tyme, and cut the onion finelly. Make some incisions on the fat side of the duck. Mix the beef stock with the water and warm it up on medium heat.

For the duck breast

In a dry hot pan, sear the duck breast on both sides, starting with the fat side. Reserve on a baking tray with

parchement paper.

For the sauce

Strain the green pepper seeds. In a sauce pan, melt the butter and whisk the mustard inside, add the cream and the pepper seeds, cook it real slow on a low heat for 20 minutes. Whisk it sometimes, making sure it won't break.

For the brown rice

In a hot pan with vegetable oil, sweat the onions with the tyme, and roll the rice inside the oil to get it transparent. Cover the rice with the warm beef stock, wait until it get's absorb, repeat the operation until it's cooked, reserve the rice on a bain marie.

For the plating

Put the duck breast in the oven for 8 to 10 minutes, depending on the size of it. Take it out, let it rest for 4 minutes and slice it. Put the rice in the middle of the plate with a cookies cutter, the slices of duck breast on the side and the sauce around.

Bon appétit!