

Parmentier soup, shredded duck confit and wholegrain mustard sour cream

Recette pour 4 personnes



Description

Puréed soup of leeks and potatoes topped with shredded duck confit and a touch of mustardy sour cream.

L'idée déco

You can find the confit duck legs at your local butcher shop.

Ingrédients

For the Parmentier soup

- 2 Unit(s) Leek
- 400 Gr Potatoes
- 1 Liter(s) Chicken stock
- 100 Ml Cream 35%

- Olive oil
- Salt and pepper

For the duck and sour cream

- 1 Unit(s) Confit duck leg
- 60 Ml Sour cream
- 15 Ml Wholegrain mustard
- 12 Sprig(s) Chives

- Olive oil
- Salt and pepper

Préparations

Temps de préparation **30 mins**

General preparation

Peel and cut the potatoes into cubes. Slice the leeks. Chop the chives.

Parmentier soup preparation

In a small pot, drizzle some olive oil and sweat the leek. Season with salt and pepper and cook for 4-5 minutes. Pour the chicken broth. Add potatoes and cook for 20 to 25 minutes. Blend until smooth using a hand mixer. Adjust seasoning with salt and pepper then add in the cream.

Confit duck and mustardy sour cream preparation

Remove the skin of the duck leg and Shred the flesh using a fork. In a small bowl, mix the sour cream and the wholegrain mustard.

To serve

In a bowl, pour the soup. Top with some duck meat and mustardy sour cream. Decorate with some chives.

Bon appétit!