

Honey glazed duck breast with lemon grass with asian slaw

Recette pour 4 personnes

Description A lemongrass infused honey glaze on a oven seared duck breast served with a green papaya and daikon slaw.

L'idée déco Searing the skin side first at a medium temperature will ensure that you render the fat correctly.

Ingrédients

For the duck

- 2 Unit(s) Duck magret
- 200 Ml Honey
- 1 Stick(s) Lemongrass
- 1 Tbsp Sesame seeds
- 1 Tbsp Black sesame seeds
- 1 Clove(s) Garlic
- 1 Tbsp Roasted sesame oil
- 3 Tbsp Light soy sauce

- Salt and pepper

For the salad

- 1 Unit(s) Daikon
- 0.50 Unit(s) Green papaya
- 2 Unit(s) Green onion
- 1 Sprig(s) Mint
- 2 Sprig(s) Fresh cilantro
- 1 Tbsp Fresh ginger
- 50 Ml Rice vinegar
- 50 Ml Honey
- 1 Tbsp Mirin

- Salt and pepper

Préparations

Temps de préparation **45 mins**

Préchauffez votre four à 400 F°

Set up

Start by removing excess fat around the duck breast. With the tip of a knife make a checkered design on the skin side, carefully making sure not to cut through the skin and into the meat. With the help of a rolling pin, crush the lemon-grass and finely mince. Also finely mince the garlic.

For the slaw

Peel and slice the papaya in 2. Empty it out and cut into thin slices. Peel and cut the daikon in the same way and cut them both into a julienne. Thinly slice the green onions, the cilantro and the mint. Grate the Ginger. Mix all ingredients together and leave to marinate for 20-30 min before serving. Salt and Pepper to your taste.

For the glazed duck breast

In a small sauce pan bring together all the components going into the honey glaze. Let it simmer for 3 min. Season the duck breast with salt. In a pan, on the skin side first, start searing the duck at medium heat, when enough fat has rendered bring up the temperature and sear until coloration and finish on the meat side. Place seared duck on a baking tray and cover with the honey glaze. Put the duck in the oven and cook for 10-12 min. Once it is cooked let the breast rest for at least 6 min before you slice them.

Plating

In a warm plate place some duck slices in the middle and top with the papaya slaw. You can decorate the plate with the left over honey glaze and serve.

Bon appétit!