

Honey baked duck breast, mushrooms creamy polenta and green asparagus tips

Recette pour 4 personnes



Description

Honey baked duck breast, mushrooms creamy polenta and green asparagus tips.

L'idée déco

The polenta needs to be cooked at the last moment to be served hot. She cannot be reheated.

Ingrédients

Duck breast

- 2 Unit(s) Duck magret
- 100 Ml Honey
- 5 Ml Four spice mix
- 3 Pinch(es) Fleur de sel
- 3 Turn(s) White pepper

- Butter
- Salt and pepper
- Vegetable oil

Soft polenta and mushrooms

- 100 Gr Polenta
- 600 Ml Vegetable stock
- 25 Gr Mascarpone cheese
- 8 Unit(s) Button mushrooms
- 1 Unit(s) Portobello mushroom
- 25 Gr Grated parmesan
- 4 Sprig(s) Parsley

- Butter
- Salt and pepper
- Vegetable oil

Asperagus tips and onions petals

- 12 Unit(s) Green asparagus
- 4 Unit(s) Cipollini onion
- 30 Gr Butter

- Butter
- Salt and pepper
- Vegetable oil

Meat jus

- 150 Ml Meat juice

- Butter
- Salt and pepper
- Vegetable oil

Préparations

Temps de préparation **45.00 mins**

Préchauffez votre four à 425.00 F°

Mise en place

Prepare the vegetable stock and keep it warm.

To remove the dirt use a wet cloth to rub the mushrooms, then slice them .

Shred the parmesan, cut the bottom ends of the asparagus and peel the onions.

Duck breast

Using a small sauce pan, melt the honey at a low heat than mix in the 4 spices, cook them for 3 minutes without boiling. Season the duck breast and sear them in a hot pan starting by the skin side than transfer them on a baking sheet, rub them with the honey spiced lacque then bake them for 10 to 12 minutes. when they come out of the oven let them rest for about 5 minutes before cutting them.

Mushrooms polenta

Bring to boil the vegetable stock than sprinkle the polenta while mixing constantly, cook for 13 to 15 minutes, keep on stirring with a wooden spoon until you reach a thick consistency than add the parmesan and the mascarpone cheese. Mold the polenta in a 1 inch pan than portion it into patties using a dough cutter. Before serving heat a pan, add in it some butter than sear in it the polenta patties. Heat a sauce pan, than add in it some oil and butter than stir fry in it the mushrooms.

Asperagus tips and onions petals

Blanch the asparagus in salted boiling water for 3 to 4 minutes then cool them down in freezing cold water, than stir fry them in some duck fat. Cut the onions in half than sear them in duck fat in a

sauce pan until you reach a nice color, turn down the heat and keep cooking until your onions are candied.

Plating

In the center of the plate place a patty of polenta with the mushrooms on top, place the sliced duck breast on the side, decorate the plate with the onions petals then add some of the cooking sauce on top of the meat.

Bon appétit!