

Seared duck breast from Quebec, sage infused ice cider from the eastern townships, rosemary sweet potato purée

Recette pour 12 Tapas

Description

Thinly sliced duck magret , accompanied by a rosemary sweet potato purée and a sage and ice cider reduction.

Ingrédients

Duck and sauce

- 1 Breast(s) Duck magret
- 125 Ml Ice cider
- 3 Leaf(ves) Sage
- 1 Unit(s) French shallot
- 250 Ml Veal stock

- Butter
- Salt and pepper

Sweet potato purée

- 650 Gr Sweet potatoes
- 1 Unit(s) Red onion
- 2 Sprig(s) Rosemary

- Butter
- Salt and pepper

Préparations

Temps de préparation **20 mins**

Préchauffez votre Oven à 400 F°

Preparation

Peel the shallots and red onion then mince them.

Remove the excess fat from the duck breasts and make small square incisions on the fat side.

Loosely chop the sage leaves.

Make a brown veal stock and then reduce it by half.

Duck breast

In a hot skillet, place the breasts fat side down, season well, and let it sear until it gets a nice golden color.

Transfer to a baking sheet and then bake them for 12-15 minutes, depending on their size.

Let the breasts rest once you remove them from the oven, for 10 minutes. Ideally, transfer them to a grill and wrap in aluminum foil for the resting period.

Remove the excess fat from the skillet and then add the shallots, sweat them and then deglaze with the ice cider. Add the sage. Reduce by half and then add the veal stock and reduce again.

Season to taste.

All that is left is to slice the duck breasts when you are ready to eat them.

Sweet potato purée

In a big pot, place the sweet potatoes and the branch of rosemary. Cover with cold water and then bring to a boil. Reduce the heat and let simmer for 20 minutes or until tender.

Strain the potatoes (but keep some of the liquid aside), remove the rosemary sprigs and transfer the sweet potatoes to a food processor. Blend them into a firm mash, using a little bit of cooking liquid or butter to adjust the texture. Finish with the caramelized onions. Season to taste.

Plating

On a nice small plate, place a dollop of purée and then 3 slices of duck just beside. Drizzle with the ice cider sauce and garnish with some nice young sprouts.

Bon appétit!