

Nems of frayed duck and corn confit in the juice of meat, vinaigrette with fresh herbs

Recette pour 12 Tapas

Description

Spring rolls filled with duck confit, caramelized onions and corn. A vinaigrette of green onion and basil aside.

Ingrédients

For the rolls

- 12 Leaf(ves) Deep fried spring roll wrappers
- 2 Unit(s) Confit duck leg
- 0.50 Cup(s) Corn
- 1 Unit(s) Onion
- 2 Clove(s) Garlic
- 250 Ml Veal demi-glace
- 1 Unit(s) Egg

- Salt and pepper
- Vegetable oil

For the vinaigrette

- 100 Ml Canola oil
- 35 Ml Rice vinegar
- 1 Zest Orange
- 3 Unit(s) Green onion
- 8 Leaf(ves) Basil

- Salt and pepper
- Vegetable oil

Préparations

Temps de préparation **45.00 mins**

Préchauffez votre friteuse à 425.00 F°

Beforehand preparation

Snip the onion and the basil. Mince the garlic. Zest the orange. Remove the meat from the duck and fray it very finely. Snip the green part of the green onion in thin wedges.

The rolls

Keep the roll sheets underneath a wet cloth so they don't dry up. Beat the egg that will serve as glue

for the rolls. Place the sheet in diamond, place the duck in the center. Fold the sides and baste the upside part with the beaten egg, seal the roll with a small pression. Once sealed, fry the roll and set it aside on absorbent paper.

The stuffing

Caramelize the onion slowly in a vegetable oil net. Add the garlic and the corn and cook it until the obtention of a nice colouration. Finish with the veal demi-glace and mix it with the duck meat.

The vinaigrette

In a bowl, mix the rice vinegar, the orange zest and a pinch of salt. While whisking, pour the oil. Finish with the fresh herbs.

Bon appétit!