

Confit duck leggs and foie gras parmentier, Peking duck breast with honey and rare peppers, balsamic and red wine sauce

Recipe for 4 persons

Description

Duck breast laquer with honey, pink and sichuan pepper on a parmentier of confit duck leggs and fresh foie gras, with a reduction of red wine and balsamic vinegar.

Ingredients

For the duck breast

- 1 Unit(s) Duck magret
- 15 Ml Honey
- 5 Ml Pink peppercorn
- 5 Ml Sichuan pepper
- Salt and pepper
- Butter

For the parmentier

- 2 Unit(s) Confit duck leg
- 4 Unit(s) Foie gras scallop
- 600 Gr Yukon gold potatoes
- 30 Gr Butter
- 5 Ml Apple cider vinegar
- 2 Unit(s) Shallot
- 30 Ml Duck fat
- 0.25 Bunch(es) Chives
- Salt and pepper
- Butter

For the sauce

- 150 Ml Red wine
- 50 Ml Balsamic vinegar
- Salt and pepper
- Butter

Preparation

- Preparation time **45 mins**

For the preparations

Peel and cut the potatoes in cubes, cover it with cold water, add some salt, bring it to boil and cook it for 30 minutes. Strain it and mash it with the butter. Peel the shallots and dice it finely, chop the chive. Remove the skin of the duck leggs and shred it.

For the duck breast

Crush the peppers corn and mix it with the honey. Clean the duck breast and criss-cross the fat on the top with a small knife. In a dry hot pan, sear the duck breast 3 to 4 minutes starting on the fat side. Put it on a backing tray with a parchment paper and brush the honey generously on the fat side, finish to cook it in the oven for 10 to 12 minutes. During this period, remove the fat from the pan, deglaze with the wine and the vinegar, and reduce it until consistancy.

For the parmentier

In a dry hot pan sear the foie gras 20 secondes on each sides until nice coloration, season it and cut it in medium cubes. In a hot pan with the duck fat, sweat the shallots, add the duck flesh and cook it for 4 minutes on low heat. Add the chive, the vinegar, the foie gras and reserve it.

For the platting

In 4 ring bowls, share the duck leggs flesh and the foie gras at the bottom, top it with the mashed potatoes. Cut the duck breast in 4 thick slices, put it on the top of the parmentier, granish with the sauce. Finish with sea salt and fresh black ground pepper

Bon appétit!