

Duck breast lacquered with honey and soy sauce, polenta with mushrooms |

Recipe for 4 portions

Description

This is duck breasts that are caramelized in honey and soy sauce, served on a delicious creamy polenta with shiitake.

Note

The making of the meat rest allows blood to be distributed uniformly in the flesh and then you will not have streaks of blood on your plate. Do not overcook the duck. This is a meat which is in better bleeding.

Ingredients

For the shiitakes

- 200 Gr Shiitake
- 2 Unit(s) Shallot
- 1 Pinch(es) Salt
- Salt and pepper

For the polenta

- 100 Gr Polenta
- 500 Ml Milk
- 1 Pinch(es) Salt
- 1 Pinch(es) Freshly ground black pepper
- 25 Gr Butter
- 25 Ml 35% cooking cream
- Salt and pepper

For the duck

- 600 Gr Duck magret
- 20 Gr Honey
- 1 Tbsp Lemon juice
- 50 Ml Soy sauce
- 20 Gr Sesame seeds
- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**

Preparation for the shiitakes

Clean the shiitake and cut. Peel the shallots and cut into thin slices. In a skillet, cook the shallots with a pinch of salt, then add the mushrooms and cook for 2-3 minutes until water evaporation.

Preparation for the polenta

Boil the milk in a saucepan. Season with sea salt and pepper and add the polenta in pouring rain.

Stir for 3 minutes. Add the mushrooms, 50 g of butter and cream and mix well.

Preparation for the duck

Preheat oven to 400 F. Place the duck breasts in a cold frying pan without fat, fat side against the pan and heat over medium heat. The fat will melt and after 3 minutes, it will start to color. Salt and pepper the meat. Return the duck breasts in the pan, then arrange on a baking sheet. Then degrease the pan and add the honey, lemon juice, soy sauce and sesame seeds. Boil the sauce and sprinkle the breasts, then finish cooking in the oven for 6-8 minutes. Then let the meat rest for 5 minutes, then cut into 6 slices.

To serve

In a plate, place the polenta in the center forming a nice dome, have minced duck and spoon sauce over.

Bon appétit!