

Duck breast skewers with sumac dates, parsnip mousseline, coffee sauce |

Recipe for 12 tapas



Description

Simplicity and great flavour will make this a hit at your dinner table.

Note

Sumac's tangy flavor has lemony, slightly fruity notes. Its particularity is that it adds acidity to dishes.

Ingredients

Duck and apricot skewers

- 500 Gr Duck magret
- 12 Unit(s) Skewer sticks
- 5 Gr Sumac
- 12 Unit(s) Pitted dates
- Butter
- Salt and pepper

Coffee sauce

- 20 Ml Balsamic vinegar
- 100 Ml Veal stock
- 50 Ml Espresso café
- 1 Tbsp Honey
- 1 Tsp Wholegrain mustard
- Butter
- Salt and pepper

Parsnip mousseline

- 300 Gr Parsnip
- 200 Gr 3 peppers
- 250 Ml Milk
- 1 Knob Butter
- Butter
- Salt and pepper

Topping

- 1 Handful(s) Pea sprouts
- Butter
- Salt and pepper

Preparation

- Preparation time **60 mins**
- Preheat your **Four** at **400 F°**

Preparation

Degrease the duck breasts completely (run the pusher under the skin and pull it out).

Halve the dates.

Peel and dice the parsnips.

Prepare the veal stock and keep it warm.

Duck breast

Cut the duck breasts crosswise into thin slices (make sure you have 24 slices).

Roll each slice of duck breast around half a dried date, then prick two rolls per mini skewer.

In a hot frying pan with vegetable oil and butter, sear the duck skewers for 30 seconds on each side.

Finish cooking in the oven for 4 to 5 minutes before serving.

Parsnip mousseline

Pour the milk into a saucepan and add the parsnip and potato cubes. Bring everything to the boil and cover while it cooks, making sure the parsnips are cooked through with the tip of a knife.

Using a skimmer, transfer to a blender and add the butter, salt and pepper.

Blend to a purée, making sure the seasoning is right. If necessary, check to see if you need to add more cooking liquid to get the right texture. Repeat the operation until you reach the desired texture.

Coffee sauce

Reduce the balsamic vinegar by half, then add the remaining ingredients to the pan. Leave to reduce over a low heat, to infuse the mixture, then add the necessary salt and pepper seasoning. Set aside when the sauce has reached a coating consistency.

Plating

Finish cooking the brochettes in the oven, then sprinkle the sumac spice over all the brochettes.

Place the parsnip purée in the bottom of the dish, and place the duck brochettes on top.

Finish with a pinch of sumac spice to decorate, sprinkle the sprouts and pour the sauce over the top.

Bon appétit!