

Duck breast with spicy honey and Sichuan pepper, Rosti potato cake, onion petal pickles, sliced Brussels sprouts with tarragon

Recipe for 4 portions



Description

Pan-fried and roasted duck breast, lacquered with honey and flavoured with allspice, served with Rösti potatoes with duck fat. Onion petal pickles and Brussels sprouts chiffonade with aniseed flavours.

Ingredients

For the duck magret

- 600 Gr Duck magret
- 50 Gr Honey
- 5 Ml Four spice mix
- Butter
- Salt and pepper
- Vegetable oil

For the onions pickles

- 200 Gr Cipollini onion
- 200 Ml Water
- 30 Gr Sugar
- 75 Ml White vinegar
- 1 Tsp Ground pepper
- Butter
- Salt and pepper
- Vegetable oil

For the rosti

- 600 Gr Yukon gold potatoes
- 4 Tsp Duck fat
- 100 Gr Bacon
- Butter
- Salt and pepper
- Vegetable oil

For the sprouts

- 300 Gr Brussels sprout
- 2 Sprig(s) Tarragon
- Butter
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **425 F°**

For the mise en place

Wash the potatoes.

Peel the cipollini and cut it in half on the high way.

Remove the first leafs of the sprouts.

For the duck breast

In a small pan, put the honey and the spices and let it melt for 3 minutes.

Season the duck breast on each side. In a hot pan, sear the duck on the fat part first and on the other side. Put it on a baking tray with a parchment paper and brush it with the honey. Finish the cooking in the oven for 10 to 12 minutes, let it rest for 5 minutes before slicing.

For the rostis

In a large pot of cold water with coarse salt, plunge your potatoes (without peeling them). Start with a high heat, count about 15 minutes depending on the size of the potatoes. You must realize 95% of the cooking, drain them and cool them under cold water.

Peel the potatoes, then pass them through a large cheese grater. Gently handle the grated potatoes and season.

In a hot skillet, brown your lardons for about 4 minutes, then drain them of their fat. Place them on a paper towel. Gently mix your lardons with the grated potatoes.

In another hot pan with duck fat, make a nice carpet of grated potatoes about 1 cm thick. Once the potatoes are nicely coloured, turn them over like a pancake. Repeat the operation, adding a little duck fat. Set the Rösti aside on a baking sheet and put them in the oven before serving.

For the pickeld cippolini

Boil your water, peppercorns, sugar and white vinegar together, once boiling turn off the heat, immerse the Cippolini halves in the syrup. let the whole thing cool completely, keep them in their syrup. reheat the onions before serving (microwave), break the onion halves, like petals.

For the sprouts

Chop the Brussels sprouts finely, using a knife. In a frying pan with oil and butter, brown your Brussels sprouts chiffonade. Cooking should take about 4-5 minutes, keep a little crunch. Season before serving.

For the plating

Slice your duck breast and place a slice of Rsti on a plate. Place the slices of duck breast on top. On the side, a nice tablespoon of Brussels sprouts, here and there a few petals of pickled onions. Finish by drizzling the honey from the duck, which you will have relaxed with the cooking juice.

Bon appétit!