

Duck skewer with parsley, linguini, veal demi glace sauce

Recipe for 4 persons

Description

Cubes of duck breast on skewers, enhanced with a mixture of chopped parsley and garlic and served with tagliatelle with veal demi glace and mustard.

Note

To make this recipe in 30 minutes, pre-cook your linguini in salted water. Cover your linguini with a drizzle of olive oil so they do not stick. If you have several skewers make for your guests, Fry them only on 2 sides and finish cooking in the oven for a few minutes at 425 F.

Ingredients

For the pasta

- 320 Gr Linguine
- 200 Ml Veal demi-glace
- 30 Ml Olive oil
- 150 Gr Button mushrooms
- 50 Gr Butter
- 30 Ml Canola oil
- 30 Ml Maille grain mustard
- 50 Ml Cream 35%
- Butter
- Salt and pepper

For the duck brochette

- 2 Unit(s) Duck magret
- 0.50 Bunch(es) Flat parsley
- 2 Clove(s) Garlic
- Butter
- Salt and pepper

Preparation

- Preparation time **30 mins**

Preparation

Remove the leaves and chop the parsley. Chop the garlic finely. Slice the mushrooms.

For the pasta

Cook the linguini in salted water until al dente cooking. Drain and cover with a drizzle of olive oil to prevent sticking. Cook mushrooms in butter and canola oil.

For the duck skewers

Trim the duck to remove excess fat and cut into 2 cm cubes. Skewer cubes on wooden picks. In a skillet, brown the duck skewers for 1-2 minutes on each side. Then add a knob of butter and when it is foamy, pour over the skewers. At the end of cooking, add the parsley and remaining garlic then season with salt and pepper.

For the sauce

In a saucepan, heat half the ice for a few minutes. Add the mustard and cream and cook for 4-5 minutes to get a nice consistency.

To serve

Mix the noodles, sauteed mushrooms and gravy. Make a nest of noodles in the middle of your plate. Ask your skewers pointing up and finish decorating with fresh herb.

Bon appétit!