

Honey and orange-glazed duck breast, vegetable curry with preserved lemon

Recipe for 4 servings

Description

Duck breast glazed with honey, orange and quatre épices, served with a vegetable curry infused with preserved lemon.

Note

Cut the potatoes into evenly sized dice so they cook uniformly. Add the tomatoes when the potatoes are almost tender: their acidity can slow down cooking. Taste before adding salt, as the preserved lemon and curry paste already contain salt.

Ingredients

Vegetables curry

- 100 Gr Carrot
- 100 Gr Shiitake mushroom
- 150 Gr Potatoes
- 100 Gr Leek
- 100 Gr Tomato
- 1 Tbsp Green cari paste
- 250 Ml Chicken stock
- 30 Gr Preserve lemon
- Salt and pepper
- Vegetable oil

Duck

- 400 Gr Duck magret
- 1 Unit(s) Orange
- 1 Tbsp Honey
- 1 Tsp 4 spices powder
- Salt and pepper
- Vegetable oil

Topping

- 1 Handful(s) Coriander
- Salt and pepper
- Vegetable oil

Preparation

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

Setting up

Trim the duck breast and pat it dry.

Wash the leek thoroughly and slice it finely. Clean the shiitake mushrooms, remove the tough stems and slice the caps. Peel the carrot and cut into 2 to 3 mm rounds. Peel the potatoes and cut into approximately 1 cm dice.

Remove the seeds from the tomato and dice it. Remove any seeds from the preserved lemon and

chop it finely. Zest the orange, then juice it. Pick the cilantro leaves and chop them roughly.

Curry

Heat a drizzle of vegetable oil in a pan. Add the leek and mushrooms, cook for 3 to 4 minutes. Add the curry paste and cook for 30 seconds, stirring.

Stir in the carrots and potatoes, then pour in the 250 ml of chicken stock. Bring to a simmer, cover and cook over low heat for 15 to 20 minutes, stirring occasionally. If the liquid reduces too quickly, add a little stock or water to prevent the vegetables from sticking.

When the potatoes are almost tender, add the tomatoes and preserved lemon and cook for approximately 5 more minutes. Check with the tip of a knife: it should slide easily into the carrots and potatoes. Cook for longer if needed.

If the sauce is too thin, remove the lid and reduce for a few minutes until it coats the vegetables. Taste, adjust the seasoning and keep warm.

Honey orange glaze

In a small saucepan, combine the honey, four spices, orange zest and juice. Bring to a simmer over medium heat and reduce until slightly syrupy. Set aside to brush over the duck breast before it goes into the oven.

Cooking the duck breast

Using a knife, gently score the duck skin in a crosshatch pattern without cutting into the flesh. Season generously with salt.

Place the duck breast skin-side down in a cold frying pan without any added fat. Gradually heat over medium heat and allow the fat to render and the skin to brown for 8 to 10 minutes. Regularly drain off the excess fat and reserve it.

When the skin is golden brown and crisp, turn the duck breast over and cook for 2 minutes on the flesh side.

Transfer the duck breast to an ovenproof dish, skin-side up, then brush with the glaze. Bake at 400 °F (205 °C) for 5 to 7 minutes, depending on its thickness. Check with a thermometer: the centre should reach approximately 55 to 57 °C for a medium-rare doneness. Watch the glaze closely to prevent the honey from burning.

Once out of the oven, place the duck breast on a wire rack and let it rest for at least 7 minutes before slicing.

On the plate

Divide the vegetable curry among four plates. Arrange the duck slices on top of or alongside the vegetables. Finish with the cilantro and serve immediately.

Bon appétit!