

Maple syrup roasted duck breast, mushrooms creamy polenta and green asparagus tips |

Recipe for 4 persons

Description

Spiced maple syrup glazed duck breast, mushrooms creamy polenta and green asparagus tips.

Note

The creamy polenta should be made at the last minute and served hot. It cannot be reheated.

Ingredients

Duck breast

- 600 Gr Duck magret
- 50 Ml Maple syrup
- 5 Ml Four spice mix
- 3 Pinch(es) Sea salt flakes
- 4 Turn(s) White pepper

- Butter
- Salt and pepper
- Vegetable oil

Soft polenta and mushrooms

- 100 Gr Polenta
- 600 Ml Vegetable stock
- 40 Gr Mascarpone cheese
- 150 Gr Button mushrooms
- 150 Gr Portobello mushroom
- 25 Gr Grated parmesan
- 4 Sprig(s) Parsley

- Butter
- Salt and pepper
- Vegetable oil

Asperagus tips and onions petals

- 12 Unit(s) Green asparagus
- 4 Unit(s) Cipollini onion
- 30 Gr Butter

- Butter
- Salt and pepper
- Vegetable oil

Preparation

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

Mise en place

Prepare the vegetable stock and keep it warm.

To remove the dirt use a wet cloth to rub the mushrooms, then slice them .

Shred the parmesan, cut the bottom ends of the asparagus and peel the onions.

Duck breast

Using a small sauce pan, melt the maple syrup at a low heat than mix in it the 4 spices, cook them for 3 minutes without boiling. Season the duck breast and sear them in a hot pan starting by the skin side than transfer them on a baking sheet, rub them with the maple syrup spiced lacquer than bake them for 10 to 12 minutes. when they come out of the oven let them rest for about 5 minutes before cutting them.

Mushrooms polenta

Bring to boil the vegetable stock than sparkle the polenta while mixing constantly, cook for 13 to 15 minutes, keep on stirring with a wooden spoon until you reach a thick consistency than add the parmesan and the mascarpone cheese. Mold the polenta in a 1 inch pan than portion it into patties using a dough cutter. Before serving heat a pan, add in it some butter than sear in it the polenta patties. Heat a sauce pan, than add in it some oil and butter than stir fry in it the mushrooms.

Asperagus tips and onions petals

Blanch the asparagus in salty boiling water for 3 to 4 minutes than cool them down in freezing cold water, than stir fry them in some duck fat. cut the onions in half than sear them in duck fat in a sauce pan until you reach a nice color, turn down the heat and keep cooking until your onions are candied.

Bon appétit!