

# 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!**