



Duck breast

Receta de V-ZUG AG



Preparación
Tiempo de
cocción
Porciones 4

Duck breast

1 kg potatoes, La Ratte
4 cloves of garlic
¼ bunch of parsley
2 tbsp olive oil
Salt

Aire caliente con inyección de vapor (200 °C)

Wash the potatoes and cut in half lengthways. Crush the garlic. Chop the parsley. Mix all the ingredients together. Arrange the potatoes on the baking tray cut-side down. Put the tray into the preheated cooking space at level 1. Bake.

Introducir los alimentos

Aire caliente con inyección de vapor 200 °C durante 15 Min.

4 duck breasts
Salt
Pepper

Score the skin of the duck breasts in a criss-cross pattern. Season the duck breasts with salt and pepper and place on the wire shelf. Put the wire shelf at level 2 in the cooking space at the same time as the potatoes.

Introducir bandeja

Aire caliente con inyección de vapor 200 °C durante 15 Min.

Open the appliance door and allow the duck breasts to rest for 10 minutes.

morels

30 g morels, dried
1 tbsp butter
Salt
Pepper





Soak the morels in warm water until soft, then halve and wash them well.

Sauté the morels in a pan with a knob of butter and season with salt and pepper. Serve with the duck breasts.

Consejos

Insert the food probe into one duck breast to monitor the temperature. The duck breast must have a food probe temperature of at least 60 °C after resting.

Accesorios

Wire shelf

Baking tray

Información complementaria

Creado el

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