Duck breast with celery purée, peanuts and mandarins

מתכון מאת V-ZUG Ltd.



Preparation	1 Hrs
Resting time	20 Mins
Cooking time	2 Hrs 30 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Celery purée

500 g celery

200 g potatoes, mealy

200 ml milk

50 g butter

1 tsp salt

Peel and dice the celery and potatoes. Put them into a bag with the other ingredients and vacuum seal it on level 2. Place the bag in the perforated cooking tray and put it into the cold cooking space. Steam.

Steaming 86 °C for 1 Hrs 45 Mins

Salt

Pepper

Nutmeg

After steaming, purée the contents of the bag and season with salt, pepper and nutmeg to taste.

Duck breasts

4 duck breasts

1 bunch of thyme

Score the skin of the duck breasts in a cross-hatch pattern, put them with the thyme into a bag and vacuum seal on level 2. Place the bag in the perforated cooking tray and put it into the cold cooking space. Steam.

Put the food in

Steaming 62 °C for 45 Mins

Prepare

At the end of the cooking time, take the meat out of the bag, pat dry and remove the thyme. Lightly rub the skin with salt and place the meat skin-side down in a cold pan. Fry on a high heat until crispy, then fry on the other side on a medium heat. Take the duck breasts out of the pan and put in the cooking space while still warm. Keep warm.

Hot air 60 °C for 20 Mins

50 g peanuts, salted, roasted

1 tbsp unrefined sugar

2 cloves of garlic, crushed

½ - vanilla pod, split

1 bay leaf

200 ml chicken stock

200 ml mandarin juice, freshly pressed

1 tbsp cornflour

1 tin of mandarins, filleted

Roast the peanuts in a frying pan and remove when done. Caramelize the sugar in the same frying pan. Add the garlic, vanilla pod and bay leaf. Deglaze with the chicken stock and reduce by half. Mix the mandarin juice with the cornflour and add to the mixture. Reduce the sauce a little. Sieve the sauce, then heat up again. Add the mandarin fillets.

Arrange the duck breasts and celery purée on a plate. Drizzle over the sauce. Scatter over the peanuts.

עצות

Celery purée can be prepared in advance – make extra to use later.

אביזרים

Vacuum bag

Perforated cooking tray

מידע נוסף

הופק ביום	11.12.2019