Duck breast

Рецепт від V-ZUG AT



готування	45 хв
Час готування	30 хв
Порції	4
Прилад	Combair-Steam SL з 2015 року

Duck breast

1 kg potatoes, La Ratte

4 cloves of garlic

¼ bunch of parsley

2 tbsp olive oil

Salt

Розігріти робочу камеру до 200 °C Гаряче повітря + зволожуюча пара

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.

Засунути страву для готування

Гаряче повітря + зволожуюча пара 200 °C протягом 15 хв

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.

Засунути деко

Гаряче повітря + зволожуюча пара 200 °C протягом 15 хв

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.

Поради

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.

Аксесуари

Wire shelf

Baking tray

Додаткова інформація

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