

Crispy duck leg confit, grilled mushrooms and a sweet potato purée

Recipe for 4 persons

Description

Crispy confit duck thigh, grilled Portobello mushrooms and a rosemary sweet potato purée.

Ingredients

Duck legs

- 4 Unit(s) Confit duck leg
- 4 Turn(s) Fresh ground black pepper
- 2 Sprig(s) Thyme

Grilled mushrooms

- 100 Ml Olive oil
- 2 Pinch(es) Sea salt flakes
- 4 Turn(s) Fresh ground black pepper
- 4 Large Portobello mushroom
- 3 Sprig(s) Parsley
- 2 Clove(s) Chopped garlic

Sweet potato purée

- 2 Unit(s) Sweet potatoes
- 1 Large French shallot
- 1 Sprig(s) Rosemary
- 2 Pinch(es) Sea salt flakes
- 3 Turn(s) Fresh ground black pepper
- 50 Ml Chicken stock

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **375 F°**

Preparation

Peel the sweet potatoes and cut into cubes.

Peel and chop the shallots.

Remove the rosemary from the stalks and finely chop.

Remove the stems from the mushrooms.

Prepare your chicken stock.

Peel and finely chop the garlic and parsley, combine and add olive oil to get a creamy consistency.

Duck legs

In a hot frying pan with a little bit of duck fat, sear the duck legs skin side down for a short amount of time. Set aside on an oven proof tray.

Foresee 6 minutes in the oven before serving.

Sweet potato purée

In a large sauce pot of boiling salted water, place the sweet potato cubes. Cook fully until a knife passes through them easily. Strain and then place in your blender.

In a small sauce pot with olive oil and butter, sweat the shallots, rosemary and season accordingly. Add chicken stock to the mixture and reduce by half.

Add the infused chicken stock to the blender in small batches while blending until you reach the desired consistency. Set aside and keep warm.

Grilled mushrooms

Splash the mushrooms with olive oil and season with salt and pepper. Place on a baking sheet and put in the oven at 425F for roughly 10 minutes. Sprinkle with parsley when you remove from the oven.

Plating

In a round plate, make a comma with the purée, and place the duck thigh that you flashed in the oven in the center of the plate. Place the mushroom on the side of the duck leg.

Bon appétit!