

# Duck breast, burnt shallots, red wine sauce

## Recipe for 4

### Description

The duck breast, a tasty piece of meat, which requires a gentle cooking.

### Note

The term "magret" applies only to ducks that have been fattened by force-feeding to obtain foie gras.

Otherwise we will use the term breast or supreme for a duck raised for its meat.

### Ingredients

#### Duck breast

- 2 Unit(s) Duck magret
- Butter
- Salt and pepper
- Olive oil

#### Red wine sauce, burnt shallots

- 1 Unit(s) Chopped shallot
- 125 Ml Red wine
- 250 Ml Veal stock
- 4 Unit(s) Shallot
- 4 Sprig(s) Thyme
- Butter
- Salt and pepper
- Olive oil

### Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

#### Setting up

Reduce your veal stock (brown) by half, to obtain a demi-glace.

Peel and finely chop a shallot (for the sauce), the others cut them only on their length (burnt shallots).

#### Duck breast

Remove excess fat from the duck breast and slash it with the blade of a knife in diamond shapes. Season generously with salt on the fat side. Place the duck breast in a cold frying pan, fat side down without adding any fat. Place the pan on minimum heat, then every 3 to 5 minutes, gradually increase the heat. Degrease as you cook. When the heat is at its highest, remove the duck breast once a nice caramelization is obtained. Place the duck breasts on a baking sheet in the hot oven for 6 to 7 minutes depending on their size. Take them out and make sure to let them rest for 7 to 8 minutes before cutting them, the meat juice will have time to spread in the breast before cutting.

#### Shallot sauce

### Sauce

In a saucepan, brown the chopped shallot,

once translucent, deglaze with the red wine (e.g. Cahors), let it reduce almost to dryness. Moisten with the demi-glace, once a nice boil is obtained, lower the heat and let it reduce 2 to 3 minutes. Adjust the seasoning with salt and pepper.

### **Burnt Shallot**

In a hot frying pan with olive oil, place the shallot halves inside the pan. Add a knob of butter and the sprigs of thyme.

The shallots will brown, lower the heat slightly to confirm them. Once tender, remove them from the pan. When ready to serve, use a flashlight to burn them on the surface.

### Assembly

Once your duck breast has rested, slice it neatly on a board and place it on the plate.

Make sure your sauce is hot, coat the duck breast with it and place the burnt shallot halves on top.

**Bon appétit!**