

# Duck breast, candied shallots, black sesame sauce, spelt bio risotto

Recipe for 4 persons

## Description

A duck magret which is the breast of a foie gras duck. A delicious red meat served with a sesame sauce.

## Ingredients

### Magrets

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

### Confied shallots

- 1 Lb French shallot
- 500 Ml White wine
- 50 Gr Sugar
- 50 Gr Honey
- 4 Sprig(s) Thyme
  
- Salt and pepper
- Butter

### Sesame sauce

- 100 Gr Maple syrup
- 1 Tbsp Mirin
- 1 Tbsp Soy sauce
- 50 Gr Black sesame seeds
- 100 Gr Tahini
  
- Salt and pepper
- Butter

### Crispy potatoes

- 200 Gr Spelt bio
- 100 Gr Butter
- 100 Gr Grated parmesan
- 700 Ml Vegetable stock
  
- Salt and pepper
- Butter

## Preparation

- Preparation time **30 mins**
- Preheat your **Four** at **400 F°**

### Preparation

Remove the excess fat from the duck breasts. Peel and mince the garlic and french shallots.

Pluck the thyme and rosemary.

Wash the potatoes and slice them finely, roughly 2mm in thickness.

Score the fat side of the duck to make a nice criss cross pattern.

### Duck magrets

Season the fat side of the duck with fleur de sel. Place them fat side down in the cold sauté pan. Let them cook for 3-4 minutes on low heat and gradually increase the heat while occasionally removing the excess melted fat. Once the duck is a nice golden brown with crispy skin, turn them flesh side

down and cook for another minute. Transfer to a baking sheet.

Depending on the size and thickness, finish cooking them in the oven for 7-10 minutes and count a good 5-7 minutes of resting time before serving.

### Confied shallots

In a hot skillet with butter, sweat the shallots until lightly golden. Deglaze with white wine and cook down for one minute. Lower the heat and add the sugar, honey and thyme. Let simmer until confit.

### Sesame sauce

In a sauce pot, toast the sesame seeds. Add the maple syrup, mirin and soya sauce. Bring to a boil. Remove from the heat and with a whisk add the tahini while whisking continually to incorporate. Taste and season accordingly.

### Spelt risotto