

Duck skewers with chopped parsley and garlic, sautéed fingerling potatoes

Recipe for 4 persons

Description

Cubes of duck breast on a skewer, pan-seared and flavoured with a mixture of chopped garlic and parsley and served with small slices of fingerling potatoes fried in duck fat.

Note

In order to prepare this recipe in 30 minutes, use pre-cooked potatoes. If you have to make several skewers for your guests, pan-sear them only on two sides and finish cooking in the oven a few minutes at 400°F.

Ingredients

For the fingerling potatoes

- 800 Gr Fingerling potatoes
- 1 Clove(s) Garlic
- 2 Sprig(s) Thyme
- 60 Ml Duck fat
- Butter
- Salt and pepper

For the sauce

- 150 Ml Veal demi-glace
- 30 Ml Grainy mustard
- 50 Ml Cream 35%
- Butter
- Salt and pepper

For the duck skewers

- 2 Unit(s) Duck magret
- 0.50 Bunch(es) Parsley
- 2 Clove(s) Garlic
- Butter
- Salt and pepper

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- 4 Handful(s) Salad mix
- 1 Tsp Grainy mustard
- 3 Tsp Balsamic vinegar
- 4 Tbsp Olive oil
- 1 Zest Lemon
- Butter
- Salt and pepper

Preparation

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

General preparation

Slice fingerling potatoes to a thickness of 0.5 cm, then rinse thoroughly with cold water. Chop the parsley leaves. Chop the garlic finely. Chop thyme leaves finely.

Fingerling potatoes preparation

Place fingerling potatoes in a saucepan, cover with cold water and add a few pinches of salt. Cook

for about 10 minutes starting when it boils and check for doneness with a knife. Then drain the potatoes. In a skillet over high heat, add a little duck fat and add in the potatoes. Let them fry for 5 min. When colored, add a knob of butter, garlic and thyme and cook for about 2 minutes. Season with salt and pepper and keep warm.

Duck skewers preparation

Trim the duck fat excess on the magrets and cut them into 2cm cubes. Skewer the cubes on bamboo skewers. In a skillet, brown the duck skewers for 1-2 minutes on each side. Then add a knob of butter and when it is foamy, pour over the skewers. When cooked, add parsley and remaining garlic and season with salt and pepper.

For the sauce

In a sauce pan warm the veal stock for a few minutes, add the mustard and the cream, cook it for 4 to 5 minutes until you get a nice consistency.

To serve

Arrange the potatoes on your plate and place the duck skewer pointing up. Put the sauce all around and finish the decoration with a fresh herb.

Bon appétit!