

Pâté chinois with duck confit and truffle oil mashed potatoes and smoked paprika corn - Virtual Workshop Version

Recipe for 2

Description

A classic Quebec dish, revisited. Duck confit and truffle oil make this a delicious variation of a traditional dish.

Note

You can easily change the duck for minced meat.

Ingredients

Truffle oil mashed potatoes

- 300 Gr Yukon gold potatoes
- 150 Ml Milk
- 75 Gr Butter
- 10 Ml Truffle oil

Pulled duck confit

- 2 Unit(s) Confit duck leg
- 2 Clove(s) Garlic
- 1 Unit(s) Green onion

Corn

- 250 Ml Corn
- 25 Gr Butter
- 1 Tsp Paprika

Preparation

- Preparation time **40 mins**
- Preheat your **Oven** at **400 F°**

Things to do before the workshop

Ingredients

Make sure you have all the ingredients

Have ready salt, pepper, olive oil or vegetable oil and butter

Equipment list

1 cutting board, 1 chef's knife (large), 1 paring knife (small), 2 kitchen towels, latex gloves (if applicable).

1 saucepan (duck skin, mash)

1 small pot (corn) + Maryse or plastic spatula

1 pan (shredded) + wooden spoon

3 tablespoons (tasting)

3 or 4 bowls or small plates (cutouts) + 1 table bin

Ideally, individual ramekin ring for assembling

Preparation

Peel the potatoes, cut them into cubes and place them in a large sauce pot of cold salted water. Finely minced the garlic and chives.

Truffle mashed potatoes

Bring the pot of potatoes to a boil, lower the heat and cook until they are tender. Strain.

Use a potato masher to make the purée. On low heat, add the milk and whisk together to combine. Remove from the heat and add the butter, white truffle oil and season to taste.

In individual serving dishes or in a large casserole, place a nice layer of the potatoes on the bottom, making sure to save at least half.

Duck

Remove the skin from the duck with your fingers.

Pull the duck flesh from the bone and try and pull it to make nice filaments.

Make sure to check for little bones!

Once pulled, heat in a skillet with the butter and minced garlic. Remove from heat and add the chives.

Place a layer of duck on the mashed potatoes in the dish.

Corn

Strain the corn. In a hot skillet, with a knob of butter, cook the corn with a sprinkle of paprika. Transfer to the serving dishes or casserole on top of the duck.

Finalizing

It should resemble this:

1: Purée on the bottom

2: Duck

3: Corn

4: Topped off with more purée

Place the finished Pâté chinois in the oven to reheat.

Bon appétit!