

Roasted duck breast, pan seared foie gras, celery root and caramelized onions mousseline, port reduction

Recipe for 4 portions



Description

Everything's festive about this recipe all in richness and quality products.

Note

You could realize the mousseline with all kind of vegetable. The blender (the one you're usually making smoothies in) is your best friend. The texture is incomparable for mainly any vegetables.

Ingredients

Duck magret

- 500 Gr Duck magret
- 2 Unit(s) Foie gras scallop
- Salt and pepper
- Vegetable oil

Mousseline

- 400 Gr Celeriac
- 200 Gr White onion
- 100 Ml Cream 35%
- 5 Ml Nutmeg
- Salt and pepper
- Vegetable oil

Port sauce

- 150 Ml Port wine
- 150 Ml Veal demi-glace
- 2 Sprig(s) Thyme
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**

Mise-en-place

With a small knife, make a quadrillage on the fat side of the magret. Peel and cut in cubes the celery root. Same goes for the onions.

Duck magrets

In a dry hot pan sear the magrets on both sides, starting with the fat side. Reserve it on a backing tray with a parchment paper. Put salt and pepper on both sides of the foie gras slices. In a dry very hot pan, sear the foie gras on both sides and reserve it on a scott towel.

Mousseline

In a hot pan with vegetable oil, sauté the onions until they get to a great golden brown coloration. In a big pot, cover the cubes of celeriac with cold water, bring it to boil and let it cook for 20 minutes, at medium heat. Strain it and put the pieces in the blender, add the nutmeg, salt and pepper, get it smooth with a little bit of butter while making sure it is not too liquid. Keep it hot.

Sauce

In a sauce pan, reduce the Port until you get a syrup consistency, at low heat, add the thyme and the veal stock, cook until consistency.

Plating

Put the magrets in the oven for 12 to 14 minutes, depending of the size of it, take it out and leave it rest under an aluminium foil for 3 minutes, during this time put the foie gras in the oven. Put two spoons of mousseline in the middle of the plate and pull it to realize a comma, slice the magret and put half of it on each plate, the foie gras on the top between the mousseline and the magret, put the sauce all around.

Bon appétit!