

Spiced duck breast, maple caramel apple tatin with fresh greens

Recipe for 4

Description

When done properly, it is a delicious harmony of acidity and sugary flavors, well balanced with the taste of the duck.

Note

This plate really is about the contrast between the sweetness of the pie, the salty side of the duck and the acidity present in the salad and the vinaigrette. If everything is on point, the harmony is very enjoyable.

Ingredients

4 spices duck magret

- 2 Unit(s) Duck magret
- 120 Ml Honey
- 5 Ml 4 spices powder
- Salt and pepper
- Vegetable oil

Tatin syrup

- 100 Ml Water
- 100 Ml Maple syrup
- 100 Gr Clarified butter
- 50 Gr Lemon juice
- 4 Gr Sea salt flakes
- Salt and pepper
- Vegetable oil

Tatin apples

- 3 Handful(s) Golden delicious apple
- 0.50 Leaf(ves) Puff pastry
- Salt and pepper
- Vegetable oil

Green salad

- 4 Handful(s) Mixed greens
- 1 Unit(s) French shallot
- 5 Ml Balsamic vinegar
- 10 Ml Olive oil
- Salt and pepper
- Vegetable oil

Maple syrup

- 10 Ml Water
- 10 Ml Maple syrup
- 100 Gr Sugar
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **375 F°**

Mise en place

Chop down the shallots the finest possible as they are meant for the salad. Peel the apples and with a mandolin slice them very thin so we can bend and fold them without breaking.

In the tatin mold, put a piece of parchment paper the exact same diameter, at the very bottom. Toss the caramel in. Afterwise you can use a fork to poke holes in the puff pastry and then cut it in 4 nice rounds, again, the same diameter as your tatin mold. Rest for 1 hour in the fridge.

Laque preparation

In a small sauce pan, heat up the honey and the 4 spices mix at low heat for five minutes. Reserve.

Duck magret

Gently cover with salt & pepper the duck, all round its surfaces. In a non-stick pan, on medium heat, put the duck in. Make sure the duck is on its fatty side and the pan is cold when putting it in. Glaze the magret with its own fat and once it is well colored on both sides put it on a cooking plaque. With a brush, cover the laque on top of it then on to the oven for 6 to 8 minutes and let it rest.

Tatin caramel & syrup

Caramel

Place all the ingredients in a pot, in the order cited on top. Medium-high heat, once you get a light golden color, pour the caramel in the covered tatin molds. Give or take 15g per.

Syrup

Heat up all the ingredients together.

Green salad

In a salad bowl, mix in the balsamic vinegar, the olive oil and the finely cut shallots. Salt and pepper in at the very last moment, bring everything together with the mesclun salad.

Tatin pie

Puff pastry

In between 2 cooking plates, bake the puff pastry at 400F for 10 to 15 minutes. Make certain they are on a parchment paper. To give it a nice coloration, take off the cooking plate that's on top of the puff pastry, once the cooking is nearly complete - 3 to 4 minutes.

Tatin pie

Back in the molds where the hardened caramel is, gently make a thin layer of apples, all around while making sure the entire surface is covered. Right before pouring the maple syrup, poke a couple of holes in the first layer of apples. Off in the oven for 30 mins at 320F and then 300F for 10 mins. Once out of the oven, let it rest for 10 mins or so before stacking it back on the puff pastries that are already cooked.

Montage

In the plate of your choice, the tatin pie has to be the main attraction! The slices of duck magret on the side, glazed and just near it, to complete, the salad. Voilà!

Bon appétit!