

Duck Leg Sous Vide with Spelt-Sotto, Mustard Cream and Romanesco

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Ingredients

Recipe for 4 persons

Duck legs (Sous Vide):

4 duck legs
10 g savory
10 g bay
30 g salt
10 g pepper
10 g sugar
3 pieces of star anise
100 ml red wine
100 ml apple juice

Spelt-Sotto:

300 g spelt
500 g chicken stock
100 ml cream
2 carrots
4 celery stalks
¼ celery roots
1 onion

Romanesco (Sous Vide):

1 head of Romanesco
50 g butter
20 g salt
40 ml orange juice
Grated orange peel of 1 orange

Mustard cream:

200 g cream cheese

Preparation

Duck legs (Sous Vide):

Clean duck legs, season with salt, pepper, and sugar. Add savory, bay, and anise to vacuum bag, add red wine and apple juice, and vacuum. Cook for 5 hours at 62 °C in the **fusionchef** Sous Vide cooker.

Spelt-Sotto:

Wash spelt, pat dry, and sauté with butter and cut root vegetables in a pan. Add chicken stock slowly until the spelt is still slightly firm to the bite. Next, add cream and let it sit until cooked.

Romanesco (Sous Vide):

Pluck Romanesco into small sprouts and knead with salt and sugar. Add it with orange juice, butter and grates orange peel into vacuum bag and vacuum. Cook for 20 minutes at 62 °C in the **fusionchef** Sous Vide cooker.

Mustard cream:

Reduce orange juice with white wine in a pot. Stir in cream fresh until smooth and thicken with Dijon mustard. Let it cool down and serve.

This recipe was kindly provided by Stefan Lemberger.

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50 ml white wine
100 g Dijon mustard
100 ml orange juice