

Duck breast sous vide with oranges

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Preparation time: 30 minutes
Cooking time: 30 minutes



Ingredients

For 4 servings

Duck breast (sous vide):

4 duck breast, female
4 wide zests of orange
4 twigs of rosemary

Oranges:

2 Oranges
2 twigs of rosemary
1 clove of garlic, slightly crushed
30 ml olive oil

Preparation

Duck breast (sous vide):

Trim the duck breast and cut the skin crosswise. Vacuum together with the other ingredients and cook in your **fusionchef** at 56 °C for 30 minutes. After removing it from the bag, sear the breast skin-side down then turn for a short time. Salt lightly. Add the juice from the bag to the sauce and boil up.

Oranges:

Fillet the oranges and collect the juice. Heat olive oil and sauté the garlic and rosemary. Add the oranges until they almost fall apart. Remove garlic and rosemary prior to serving.

We recommend serving this dish with zucchini and dark gravy.