

Sous vide duck breast "Cardonnade"

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Preparation time: 1 hour 30 minutes
Cooking time: 1 hour



Ingredients

For 6 servings

Tenggulun reduction:

300 ml good quality red wine
300 ml port wine
50 g tenggulun berries
a pinch Salt

Guinness Beer Emulsion:

750 ml Guinness Beer
100 gr Pitted Prunes
25 gr Sugar
Soy Lecithin

Vanilla and coriander endives (sous vide):

300 g fresh Belgium endive, leaved. Discard the center core
1 fresh vanilla bean, split in half and scrape the seeds out
1 tsp icing sugar
1 tsp whole coriander seeds
36g butter
salt and white pepper, to taste

Sautéed Black Trumpet mushroom:

300 g Black Trumpet mushroom, cleaned
2 tbsp salad oil
24g butter
2 pinches thyme, picked (leaves only)
2 tbsp shallots, chopped
salt and white pepper, to taste

Duck Magret (sous vide):

2 Duck Magret

Preparation

Tenggulun reduction:

Put all the ingredients together in a pan and reduce down to ¼ of its original volume. Strain and push thoroughly on the tenggulun berries to get all of their juices out. Reduce the strained sauce down to a perfect consistency to make decorations on the plate.

Beer Emulsion:

Simmer the beer, the prunes and the sugar together until the reduced by half. Refrigerate for 24 hours. Blend. Strain. Season with salt and pepper and emulsify with lecithin. Add Guinness beer at will.

Vanilla and Coriander Endives (sous vide):

Toast the coriander seeds and lightly crush them. Place all the ingredients in a vacuum bag and seal. Cook at 90 °C in a **fusionchef** sous vide water bath for 45 minutes. Chill until cold. Remove the endives from the bag and strain. Gently cook the endives in a pan with butter until they caramelize.

Sautéed Black Trumpet Mushroom:

In a large sauté pan heat up the oil and butter over medium high heat. When the butter begins to bubble add in the mushroom and allow them to color lightly. When colored add in the salt and pepper to taste. Add in the chopped shallots and picked thyme and remove from the heat so as not to burn the shallots. Allow the shallots to cook gently. Keep warm.

Duck Magret (sous vide):

Clean the meat side from sinew but make sure to leave excess fat that is on top of the duck as this will protect the meat during the cooking process (Excess fat can be removed after cooking!). Season the duck breast with salt and pepper and vacuum. Cook at 56 °C in a **fusionchef** sous vide water bath for 1 hour. Remove from the bag and pat dry. Mark the fat side of the duck breast in a criss cross pattern making sure to go deep into the fat but to not cut through to the meat. In a hot pan, with very little oil, place the duck breast fat side down. Allow to sear until one or two tablespoons of fat come out of the duck and into the pan. Remove this fat so that the pan is dry and cook again. The duck will release more fat. Continue this process until there is no more fat coming out of the duck. Remove the meat

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to taste Salt & Pepper

from the pan and rest for no less than 5 minutes before serving.

Plating:

Make a circle of the tenggulun reduction onto a hot plate. Place the caramelized endives in the center of that plate. Top the endives with slices of the crispy duck. Top the duck with Black Trumpet mushroom and top the whole thing with Guinness beer emulsion. Garnish with a sprig of fresh herb and serve immediately.

This recipe was generously provided by Chris Salans.