



Mmmmmh!

Sous-vide duck breast, port and star anise reduction, mashed sweet potatoes and sautéed shiitake

Ingredients

4 duck breasts	Salt
2-4 tsp "Route de la Soie " spice mix	400 g sweet potatoes
Fleur de sel	200 g Bintje potatoes
2 star anise	20 g fresh ginger
2 vanilla bean	20 cl whole cream
70 cl port wine	Olive oil
2 tsp soy sauce	600 g shiitake mushrooms
Milled black pepper	2 garlic clove

Persons: 10

Cooking time: 60 min.

Preparation time: 30 min.

Instructions

Duck breasts:

Score the duck breast in a diagonal direction, then score again in the opposite direction. Massage the skin with fleur de sel and the spice mix.

Cook for one minute on each side in a very hot pan, then transfer the duck breasts to the oven and cook for 45 minutes at 80°C.

Gravy:

Heat the port wine with the vanilla beans and 2 star anise. Reduce by one third, add the soy sauce, and thicken with the xanthan gum.

Mashed sweet potatoes:

Peel the potatoes and the sweet potatoes, cut them up, then rinse them. Cook the potatoes in salted boiling water for 20 minutes.

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Peel the ginger, then grate.

Drain the sweet potatoes and the potatoes when they're done (check with a fork whether they're done). Then return them to the pot, add the cream and the ginger and mash. Correct the seasoning. Keep warm.

Sautéed shiitake:

Remove the stems, slice the shiitake, and sauté them in a pan, with a crushed garlic clove, over high heat. The mushrooms must be slightly caramelised. Season with salt and pepper.

Plating:

Smear a thick layer of sauce on the plate, arrange the sliced duck on top of it, add the shiitake and sprinkle with fleur de sel flakes.

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