



COOKING PASSION SINCE 1877

DUCK BREAST WITH LAUREL APPLES AND MASHED CELERY



3 Servings

INGREDIENTS

FOR THE DUCK BREAST
two duck breasts with skin
zest of ½ organic orange
finely ground pimento and
coriander, black pepper

FOR THE MASHED CELERY
1 **celery root** (around 500 gr)
zest and juice of 1 organic
lemon
150 ml **cream**
herbal salt
ground nutmeg

FOR THE LAUREL APPLES
1 tsp black pepper corns
25 gr sugar
2 red apples
25 gr **butter**
4 tbsp freshly squeezed orange
juice
4 fresh laurel leaves
salt

ALLERGENES HIGHLIGHTED IN
BOLD

PREPARATION

Prepare the duck breasts carefully by removing fat and the silver skin on the bottom. Cut the skin crosswise and season it with pimento, coriander, pepper and orange zest. Place the duck breasts next to each other into a Sous-vide bag and vacuum seal the bag. Leave in your fridge for 4-8 hours to marinate well.

Peel the celery root, dice and spread the pieces on a baking tray. Sprinkle with lemon juice. Steam at 100°C in the oven for around 20 minutes until the celery dice are soft.
Blend the celery with cream and a bit of hot water until the mash is soft. Season with herbal salt, lemon zest and nutmeg.
Place the vacuum-sealed Sous-vide bag with the duck breasts into the oven. Steam for 35 minutes at 58°C Sous-vide setting.

In the meantime: roast the pepper corns in a saucepan until you can smell their aroma. Cool down and grind coarsely. Wash, dry and chop apples into eighths, remove apple cores. Caramelize sugar in a non-stick saucepan until golden-brown. Reduce heat to almost zero, add butter and coarsely ground pepper. Sauté apples until they are golden brown, then add laurel leaves and orange juice. Simmer for another two minutes – the apples shouldn't be too soft.

Remove the duck breasts from the Sous-vide bags and gently dry the meat. Heat a non-stick saucepan and sear the duck breasts on both sides until the skin is crispy.
Season with salt and wait a bit, then cut the meat in stripes and serve with caramelised apples and mashed celery.

Idea: Drip lemon juice on the celery and place the pieces together with the cream in a large Sous-vide-bag. Vacuum-seal at level 2 and steam for 1 hour at 90°C Sous-vide setting. Blend with a bit of hot water until the mash is soft. Season with herbal salt, lemon zest and nutmeg.