

Duck magret with smoked paprika crust and roasted vegetables

1 Ingredients: (8 people)

4 magret duck breasts
40 large gnocchi

Spring rolls:

4 filo pastry sheets
100g duck confit
50g ginger
80g fig chutney

Paprika crust:

150g bread crumbs
150g butter
5g smoked paprika

Fig chutney:

250g dried figs
1 finely chopped onion
10cl Balsamic vinegar
20g butter
10g sugar

Roasted vegetables:

8 mini carrots
8 mini turnips
or mini fennel bulbs
8 mini courgettes
or mini aubergines

2 Method:

Smoked paprika crust:

Combine all the ingredients and spread onto grease-proof paper. Set aside.

Spring rolls:

Mix the duck confit with the fig chutney and the ginger. Cut the filo pastry sheets in two. Fold the rounded part onto the straight part to form a rectangle. Deposit a small amount of filling at the bottom of the rectangle. Fold in the outside edges to enclose the filling and form rolls. Glaze with duck fat. Set aside. Immediately prior to serving, cook for approximately 15 minutes.

Gnocchi:

Brown in clarified butter just before serving. Set aside.

Roasted vegetables:

Mini carrots: wash the carrots, and then roast in a pan in butter before serving.

Mini turnips: peel the turnips, and then roast in a pan in butter before serving.

Mini courgettes: cut in half diagonally. Roast in a pan in butter before serving.

Magret duck breasts:

Remove the skin from the magrets (heat the skin in a pan in order to recover the melted fat). In a pan, brown the magrets in the duck fat for three minutes on each side.

Transfer to a wire rack. Empty the fat from the pan. Deglaze with the Merlot. Reduce the wine by a third and add the veal stock. Cook for approximately one hour, stirring with a spatula until the sauce thickens enough to stick to the spatula. Season with salt and pepper and rectify acidity with a pinch of sugar. Strain the sauce using a conical strainer. Keep warm.

3 Presentation:

At the base: pour some sauce onto the plate and place half a duck breast, cut lengthways, on top.

Arrange the roasted vegetables and gnocchi harmoniously at the side.

On top: lean the spring roll of duck confit on the magret.

Decoration: Spike a few leaves of rocket into the vegetables. Season with fresh herbs.

Serve
immediately

Brittany Ferries