



Miele

Smoked duck breast, apple salad, walnut puree and semi-dehydrated blueberries

By Shannon Bennett

12 hours

Preparation time

3 hours

Cooking time

8 servings

Serves

INGREDIENTS

4 duck breast fillets
2 cups hickory chips,
soaked in water for 20
minutes

Gascony Butter

125 g butter, softened
2 teaspoons chopped
shallots
2 cloves garlic, roasted,
skinned, mashed
1/4 teaspoon cayenne
pepper
1 tablespoon Dijon mustard
2 teaspoons flat leaf
parsley, finely chopped
Salt to taste

Pickling Liquid

300 ml white wine vinegar
250 ml water
220 g sugar
2 shallots

Semi Dehydrated Blueberries

1 punnet blueberries,
washed and dried on paper
towel

Walnut Puree

500 g walnuts
1 teaspoon Sea Salt
120 ml grapeseed oil
50 ml warm water

Apple Salad

1 green apple
1 head frisse, picked pale
part only
1 small stick celery,
washed, peeled
1/2 cup small celery leaf

Roasted Onions

2 pickling onions, cut in half
lengthways
2 teaspoons olive oil
1/2 teaspoon Sea Salt

To Serve

Baby witlof leaves yellow
and red
Roasted onion
Pickled onion

METHOD

Duck

1. Dry the duck breast on paper towel and place on a baking tray, uncovered, refrigerated for at least 12 hours.

Pickling Liquid

1. Make the pickling liquid by combining all ingredients in a medium pan on medium heat, Induction setting 6 and heat until just below boiling.
2. Cut the shallot in half and cut into fine julienne and place in the hot pickling liquid. Cool to room temperature.

Semi Dehydrated Blueberries

1. Select Special Applications and Drying function at 80°C.
2. Place blueberries on a baking tray on shelf position 2 and cook for 3 hours.
3. Cool and store in an airtight container until required.

Walnut Puree

1. Pre-heat the oven on Fan Plus at 160°C and roast the walnuts for 4-5 minutes. Cool to room temperature.
2. Place walnuts in the bowl of a food processor and blend to a crumb.
3. Add remaining ingredients and blend to a smooth puree. Store refrigerated, in an airtight container.

Gascony Butter

1. Place the butter in a bowl of an electric mixer fitted with a paddle and beat until pale and creamy. Gradually beat in the remaining ingredients.
2. Place the butter mixture in a small pan on medium heat, Induction setting 5-6, and cook, stirring constantly for approximately 4 minutes or until the shallot has softened. Keep warm on Induction setting 1 while plating up.

Apple Salad

1. Cut the apple (skin on) into fine julienne sticks approximately 4 cm long.
2. Using a vegetable peeler, peel strips of celery and cut into fine julienne. Place into iced water.
3. Wash and dry the frisse.

Duck

1. Pre-heat oven on Fan Plus at 230°C.
2. Line the base of the gourmet oven dish with foil, shiny side up.
3. Place soaked hickory chips on the foil and place a small roasting rack in the dish over the chips, cook covered on high, Induction setting 8, until smoking.
4. Quickly sit the duck breasts on top, cover with foil, whilst still on the heat to retain as much smoke as possible.
5. Transfer the dish to shelf position 4. Cook for 9 to 10 minutes depending on the thickness of the duck breast. Remove the pan from the oven, uncover and set the duck breast aside to rest.

Roasted Onions

1. Heat a medium sized frying pan on high heat, Induction setting 8-9, add oil and salt. Place onions in the pan and cook until coloured a deep golden brown.
2. Remove onions from the pan and cool.
3. Separate the petals ready for plating.

To Serve

1. Place gourmet oven dish on medium heat, Induction setting 8-9 and heat duck breast skin side down from a cold pan for 5 minutes basting with the oil from the duck.
2. Remove duck from pan and rest for 1 minute before slicing.
3. Place the walnut puree into a piping bag and pipe 3 small mounds around each plate.
4. Place 3 onion petals and some blueberries around the plate.
5. Combine apple salad ingredients and arrange on each plate and garnish with baby witlof.
6. Place the duck in position on each plate and spoon over the gascony butter and serve immediately.

Note

- You will need to start this recipe the day before required.