



Miele

Sous-vide duck breast, sweet corn and pickled cherries

By Michael Meredith

25 minutes, plus pickled cherries made one week in advance

Preparation time

1 hour 35 minutes

Cooking time

4

Serves

INGREDIENTS

Duck

4 boneless duck breasts (150-175 g each)
Salt flakes, to taste
Freshly cracked black pepper
200 g watercress, to serve

Sweetcorn puree

60 ml olive oil
1 garlic clove, thinly sliced
3 shallots, finely sliced
4 corn cobs, kernels removed
Pinch saffron
300 ml chicken stock
50 ml cream
Salt and pepper, to taste

Pickled cherries

500 ml cabernet sauvignon vinegar
1 cup caster sugar
1 tsp salt
1 orange, zest and juice
1 bay leaf
1 cinnamon stick
½ tsp juniper berries
1 kg cherries, pitted

METHOD

Duck

1. Season duck generously with salt and pepper.
2. Seal duck in 2 large vacuum sealing bags. Vacuum on setting 3 and Seal on setting 3.
3. Place the sealed bags into a perforated steam container and Steam at 55°C for 1 hour.
4. Once duck is cooked, remove from bags and dry thoroughly with paper towel.
5. Heat a frying pan on medium heat, Induction setting 6. Place breasts skin side down and render until golden brown and crisp (approximately 5 minutes).
6. Turn the duck breasts over and cook the second side until barely coloured, about 30 seconds.
7. Transfer onto a paper towel lined plate and allow to rest for 5 minutes.

Sweetcorn puree

1. Heat oil in a frying pan on medium high heat, Induction setting 7. Stir in garlic and shallots and cook until soft.
2. Add corn kernels and saffron and heat for 1 minute.
3. Add stock and cook until corn has softened and liquid has reduced.
4. While still warm, place in a blender and puree.
5. Add cream and season to taste.

Pickled cherries

1. Combine all ingredients except cherries in a medium sized saucepan and bring to the boil on high heat, Induction setting 8.
2. Turn heat down to Induction setting 3 and simmer for 10 minutes.
3. Remove the pickling liquid from the heat and cool. Once cooled, pour over the cherries.
4. Place the cherries into an airtight container and leave to marinate for 1 week in the refrigerator.

Sauce

1. Pour the chicken jus into a medium sized saucepan and warm through on medium heat, Induction setting 5.
2. Add the pickling liquid to taste then whisk in butter and tarragon.
3. Hold sauce on Induction setting Keep Warm until ready to serve.

To serve

1. Place 2 tablespoons of the corn puree on a plate. Slice the duck breast and place on top.
2. Place 1 tablespoon of cherries to the side. Spoon the sauce around the dish, garnish with watercress and serve.

Hints and tips

- Pickled cherries are to be made one week in advance.