



ROASTED FRENCH DUCK BREAST WITH BEETROOT PURÉE, BLACK GARLIC SAUCE AND BABY CARROTS (SERVES 1-2)

DUCK BREAST

Beetroot Purée

Baby Carrot

Black Garlic Sauce

Searing & Garnishing

French duck breast 1 pc, rosemary 1 bunch, garlic 1 clove, lemon zest ½ pc, olive oil 2 tbsp, salt and pepper a pinch

Beetroot 1 pc, raspberry vinegar/red wine vinegar 1 tbsp, salt and pepper a pinch

Baby carrot (peeled) 3-5 pcs, hazelnut oil/extra virgin olive oil 2 tbsp, salt and pepper a pinch

Black garlic 2-3 cloves, sour cream 100 ml, salt and pepper a pinch

Garlic 1 clove, rosemary 1 stalk, butter 1 tbsp, brussels sprouts 2 pcs

Method:

1. Place the duck breast and all its seasonings in a vacuum bag. Seal it in the Miele Vacuum Sealing Drawer using vacuum level 3, marinate in a fridge overnight.
2. Steam the beetroot in the Miele steamer at 100°C for 60 to 80 minutes.
3. Peel it while hot and blend into purée in a food processor. Drain off the purée over a fine strainer, season with vinegar, salt and pepper. Set aside.
4. Add the black garlic, sour cream, salt and pepper into a food processor, blend until fine and set aside.
5. Place the sealed bag with duck breast in the Miele Steamer, select “Sous Vide” function and steam at 58°C for 45 minutes.
6. Seal the baby carrots with its seasonings in the Miele Vacuum Sealing Drawer using vacuum level 3.
7. Steam the sealed bag with baby carrots in the Miele Steamer at 90°C for 6 to 7 minutes. Once finished, cool down in a bowl of ice water.
8. Steam the brussels sprouts in the Miele Steamer at 90°C for 5 minutes, then season with salt and pepper.
9. Sear the slow-cooked duck breast in a pan at medium to low heat with the skin facing down.
10. Add the garlic and rosemary when the oil of the duck breast skin seeps out. Keep spooning the oil over the duck breast. Add a spoonful of butter when the skin becomes crispy.
11. Remove from the pan and rest the duck breast for 5 minutes, plate with the beetroot purée, black garlic sauce, baby carrots and brussels sprouts leaves.





烤法國鴨胸配紅菜頭蓉、黑蒜汁及小胡蘿蔔 (1-2人份)

鴨胸

法國鴨胸1件，迷迭香1束，蒜頭1瓣，檸檬皮蓉1/2個，橄欖油2湯匙，鹽及黑胡椒粉少許

紅菜頭蓉

紅菜頭1個，紅桑子醋 / 紅酒醋1湯匙，鹽及黑胡椒粉少許

小胡蘿蔔

小胡蘿蔔(去皮) 3-5個，榛子油 / 初榨橄欖油2湯匙，鹽及黑胡椒粉少許

黑蒜汁

黑蒜2-3瓣，酸忌廉100毫升，鹽及黑胡椒粉少許

香煎及伴碟配菜

蒜頭1瓣，迷迭香1棵，牛油1湯匙，甘藍菜2個

做法：

1. 把鴨胸及其調味料全部放進真空保鮮袋，然後放入Miele真空處理櫃，調較抽真空程度至3。放置雪櫃內醃過夜備用。
2. 紅菜頭以Miele蒸爐用100°C蒸60 - 80分鐘。
3. 於紅菜頭尚熱時去皮後以攪拌機打成蓉，並置幼密篩子上剩乾後加入醋、鹽和黑胡椒粉調味備用。
4. 以攪拌機拌勻黑蒜、酸忌廉，鹽和黑胡椒粉至滑身備用。
5. 將整袋真空鴨胸放入Miele蒸爐內以慢煮功能用58°C蒸45分鐘。
6. 把小胡蘿蔔及其調味料全部放進真空保鮮袋，然後放入Miele真空處理櫃，調較抽真空程度至3。
7. 把整袋已真空處理的小胡蘿蔔放進Miele蒸爐用90°C蒸6 - 7分鐘。完成後置於冰水內冷卻。
8. 甘藍菜以Miele蒸爐用90°C蒸5分鐘後以鹽和黑胡椒粉調味。
9. 將已慢煮好的鴨胸胸皮向下置平底鑊上，以中至慢火煎香。
10. 當鴨胸皮釋出油份後，加入蒜頭及迷迭香，同時以湯匙將鴨油淋於鴨胸肉面。當外皮煎至脆身後，放一湯匙牛油繼續煎香至牛油溶化。
11. 將鴨胸從平底鑊取出後靜置5分鐘，伴以紅菜頭蓉、黑蒜汁、小胡蘿蔔和甘藍菜葉享用。

