Duck breast

מתכון מאת V-ZUG Ltd.



Preparation	45 Mins
Cooking time	30 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Duck breast

1 kg potatoes, La Ratte

4 cloves of garlic

¼ bunch of parsley

2 tbsp olive oil

Salt

(Pre-)heat cooking space to 200 °C with Hot air + steaming

Wash the potatoes and cut in half lengthways. Crush the garlic. Chop the parsley. Mix all the ingredients together. Arrange the potatoes on the baking tray cut-side down. Put the tray into the preheated cooking space at level 1. Bake.

Put the food in

Hot air + steaming 200 °C for 15 Mins

4 duck breasts

Salt

Pepper

Score the skin of the duck breasts in a criss-cross pattern. Season the duck breasts with salt and pepper and place on the wire shelf. Put the wire shelf at level 2 in the cooking space at the same time as the potatoes.

Put the tray in

Hot air + steaming 200 °C for 15 Mins

Open the appliance door and allow the duck breasts to rest for 10 minutes.

morels

30 g morels, dried

1 tbsp butter

Salt

Pepper

Soak the morels in warm water until soft, then halve and wash them well.

Sauté the morels in a pan with a knob of butter and season with salt and pepper. Serve with the duck breasts.

עצות

Insert the food probe into one duck breast to monitor the temperature. The duck breast must have a food probe temperature of at least 60 °C after resting.

אביזרים

Wire shelf

Baking tray

מידע נוסף

הופק ביום	11.12.2019