

sous vide duck breast with red cabbage puree, gingerbread sponge dumplings

Cuisine: Czech
Food category: Poultry






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Company: Retigo


Program steps

Preheating: 60 °C


1



Steaming




Termination by time




01:30

hh:mm




52

°C




50

%




2

take out the sous vide bag and read the recipe instruction




Hot air




100

%




Termination by time




02:00

hh:mm




150

°C



100

%



| Ingredients - number of portions - 8 | | |
|--------------------------------------|-------|------|
| Name | Value | Unit |
| duck breast | 4 | pcs |
| a sprig of thyme | 8 | pcs |
| red cabbage | 1 | pcs |
| dry red wine | 2 | l |
| port wine red | 1 | l |
| cinnamon stick | 1 | pcs |
| star anise | 3 | pcs |
| clove | 10 | pcs |
| butter soft | 50 | g |
| salt | 6 | g |
| freshly ground black pepper, ground | 3 | g |
| red wine vinegar | 50 | ml |

| Nutrition and allergens | |
|--|-------|
| Allergens: 7 Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová | |
| Nutritional value of one portion | Value |
| Energy | 48 kJ |
| Carbohydrate | 0.2 g |
| Fat | 5.2 g |
| Protein | 0.1 g |
| Water | 0 g |

Directions

1. Set oven the oven on full steam at 52°C.

2. Season the duck breasts with salt, thyme and pepper and vacuum pack under full pressure.

3. Steam and cook sous vide for 90 minutes.

4. Chill in an ice bath or blast chiller before removing the breasts from the bag.

5. Score the skins and sear in a skillet, starting skin side down on a cold surface.

6. Make a bouquet garni with cinnamon, cloves and star anise and place in a deep GN together with the wine and birds.

7. Set the oven on dry heat at 150°C and cook for about 2 hours or until the cabbage is tender. Discard the bouquet garni.

8. Strain any remaining juices and purée the cooked cabbage until smooth. While blending, add any strained liquid until it reaches the desired consistency. Finish with and vinegar and correct seasoning. Pass through a fine sieve while still warm.

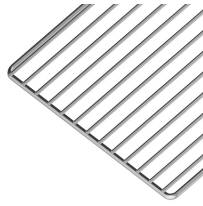
9. For the dumplings, mix in all the ingredients in a bowl and transfer into an espuma siphon and charge with two gas cartridges. Portion out into greased paper cups and microwave lightly before serving.

10. To plate, slice the breasts and lay on a large plate, topping with two spoons of purée and the cooked dumplings.

Recommended accessories



Enameled GN
container



Stainless wire shelving