



DUCK BREAST WITH APPLES AND CELERIAC MASH



INGREDIENTS

For the duck breast:

- 2 duck breasts with skin
- Zest of ½ organic orange
- Finely ground pimento, coriander and black pepper

For the mashed celeriac:

- 1 celeriac root (around 500 g)
- Zest and juice of 1 organic lemon
- 150 ml cream
- Herbal salt
- Ground nutmeg

For the bay leaf apples:

- 1 tsp black pepper corns
- 25 g sugar
- 2 red apples
- 25 g butter
- 4 tbsp freshly squeezed Orange juice
- 4 fresh bay leaves
- Salt

INSTRUCTIONS

1. Prepare the duck breasts carefully by removing fat and the silver skin on the bottom. Cut the skin crosswise and season it with pimento, coriander, pepper and orange zest. Place the duck breasts next to each other into a Sous Vide bag and vacuum-seal the bag. Leave in your fridge for 4-8 hours to marinate well.
2. Peel the celeriac root, dice and spread the pieces on a baking tray. Sprinkle with lemon juice. Steam at 100°C for around 20 minutes until the celeriac dice are soft.
3. Blend the celeriac with cream and a bit of hot water until the mash is soft. Season with herbal salt, lemon zest and nutmeg. Place the vacuum-sealed Sous Vide bag with the duck breasts into the oven. Steam for 35 minutes at 58°C Sous Vide setting.
4. In the meantime: roast the pepper corns in a saucepan until you can smell their aroma. Cool down and grind coarsely. Wash, dry and chop apples into eighths, remove apple cores. Caramelize sugar in a non-stick saucepan until golden-brown. Reduce heat to almost zero, add butter and coarsely ground pepper. Sauté apples until they are golden brown, then add bay leaves and orange juice. Simmer for another two minutes – the apples shouldn't be too soft.
5. Remove the duck breasts from the Sous Vide bags and gently dry the meat. Heat a non-stick saucepan and sear the duck breasts on both sides until the skin is crispy.
6. Season with salt and wait a bit, then cut the meat in stripes and serve with caramelised apples and mashed celeriac.