

Roast duck breast in honey-ginger-sauce with breaded-mushrooms-slices

Ingredients for 4 persons:

- 4 pieces of duck breast
- 1 tablespoon honey
- 1 teaspoon freshly cuted ginger
- ½ teaspoon coriander seeds
- 1 tablespoon cornstarch
- 2 tablespoons soy sauce
- 500 ml poultry stock or beef soup
- salt and pepper

Ingredients for breaded-mushroom-slices:

- 300 g bread
- 50 g finely diced sliced bacon
- 50 g finely chopped onion
- 150 g cuted mushrooms
- 4 eggs
- 1 tablespoon chopped parsley
- 200 ml milk
- 200 ml whipped cream
- salt, pepper and nutmeg
- some flour and butter

Preparation of the duck breast:

Season the meat with salt and pepper, fry it on the skin side until golden brown without fat. Place on a grill in the oven (skin on top) and cook at 140 degrees for about 15 minutes. Drain dripping from the pan and pour the roast residue with stock or beef soup. Bring it to boil, add honey and spices and simmer for 10 minutes. Pass the sauce through a sieve, add the cornstarch in approx. 100 ml of cold water and pour into the sauce. Simmer with constant stirring for 2 minutes. Season with soy sauce. Remove duck breasts from the oven and let rest in a warm place for 5 minutes. Turn the oven to 220 degrees and fry the duck breasts until the breast is crispy.

Preparation of the breaded-mushroom-slices:

Lightly sweat the bacon, onion and mushrooms in butter in a pan. Heat the milk and whipped cream and pour over the dumpling bread. Add eggs, parsley and the mushroom mixture to the bread and season it with salt, pepper and nutmeg.

Put the deep baking tray into the 90 degree hot oven and fill the tray with hot water. Cover the baking with butter and dust with flour. Fill with mass, seal with aluminum foil and cook it in an oven in a water bath for approx. 50 minutes. Then let it cool, cut into any slices and fry for about 2 minutes in butter.

Our Tip:

As a garnish fit, in butter briefly sweated cranberries and seasoned with orange juice and honey.

Our CONGRESS Team wish you a good succeed!