

Magrets de Canard with Agen Plums

Author: Chef Eric



No Description available

Ingredients

Marinade:

8 duck breasts
4 tablespoons minced garlic
1 cup red wine
½ cup chopped scallions
Salt and black pepper to taste

Leek and garlic fondue:

2 ounces butter
12 cloves garlic
3 cups chopped leeks, well-washed
Salt and black pepper to taste
2 tablespoon sugar

Plum sauce

2 ounces butter
2 shallots, chopped
8 plums, sliced
1 cup red wine
1 small Bay leaf
1 spring of thyme
2 cups ½ glace = Brown Veal Stock reduce by ½
Salt and pepper

Preparation Time	Not specified	Difficulty	Simple
Portions	8 servings	Yield	
Country/Region			
Vegetarian	No		

Preparation

Duck:

Mix all marinade ingredients and marinate duck breasts overnight, refrigerated. The next day, season the duck and grill until medium rare, about 12 minutes. Let duck rest 5 minutes and then slice. Fan duck slices over fondue and chutney.

Leek and garlic fondue:

In a sauté pan, sweat in butter, leeks, garlic, salt and black pepper to taste. Cook until soft then add sugar. Check for seasoning.

Plum sauce:

In a saucepan, sweat shallots in butter, add plums, and sweat for 2 minutes. Deglaze with wine, add thyme and bay leaf and let reduce by 70 % on very low heat. Add the ½ Glace and keep reducing on very low heat. Season. Skim regularly to remove any foam or grease. Control the consistency: your sauce will be reduced enough when it coats the back of a spoon. Add the seasoning and just before serving, bring to a boil, skim if needed, take off the heat and *Monter au Beurre*

, which means: add the butter in knobs and incorporate it using a whisk.

Notes

No Description available