



# Breast of duck with a juniper glaze, with beetroot risotto and raspberry humus



## Preparing the breast of duck

Remove all the sinews from the duck breasts. Pull out any pinfeathers using tweezers. Score the fat crossways. Vacuum pack the duck breasts with 3 tablespoons of the marinade and steam for 22 minutes at 64 °C. Remove the duck breasts from the bag, dab, then fry in a non-stick pan, skin side down, until crispy. Turn the breasts and fry briefly on other side.

## Preparing the marinade

Mix all the ingredients together well. You can keep any remaining marinade in the fridge until you need to use it again.

## Rezept für 4

### Ingredients for the breast of duck

2 duck breasts

### Ingredients for the marinade

1 tablespoon of sherry  
2 teaspoons of salt  
3 tablespoons of sugar  
2 tablespoons of soy sauce  
1/2 teaspoon of ground juniper

### Ingredients for the beetroot risotto

2 tablespoons of olive oil  
1 shallot, diced finely  
150g of risotto rice  
1 beetroot  
4 juniper berries  
1 bay leaf  
100ml of white wine  
400ml of vegetable stock  
50ml of beetroot juice  
40g of butter  
Salt and pepper



### Preparing the beetroot risotto

Chop the beetroot into pins the size of grains of rice. Sweat the shallots in oil until transparent, add the rice and seasoning and sweat together. Deglaze with white wine and leave to simmer. Add the beetroot and just enough stock to cover it leave to simmer, stirring continuously. Add more stock and beetroot juice regularly until the risotto is firm to the bite. Thicken with butter and season with salt and pepper. Remove the juniper and bay leaf before serving.

### Preparing the raspberry humus

Mix all the ingredients together and season. Fill a piping back with the humus.

### Preparing the beetroot pickle

Mix all the ingredients apart from the beetroot and bring to the boil. Leave to stew for 10 minutes. Slice the peeled beetroot finely using a mandoline. Sieve the stock and pour over the beetroot slices.

### Anrichten

## Serving

Put some of the beetroot risotto onto the plate. Squeeze on 2 or 3 dabs of raspberry humus. Slice the duck and put 2 pieces on each plate. Garnish with the beetroot pickle.

## Cooking level for the breast of duck

With preheat

22 minutes | steam setting at 64 °C

### Ingredients for the raspberry humus

- 1 tablespoon of beetroot juice
- 2 tablespoons of ground sesame
- 100g of chickpeas, cooked
- 30g of raspberries
- 6 tablespoons of lemon juice
- 5 tablespoons of olive oil
- 1 pinch of sugar
- 1 pinch of chilli powder
- 1 pinch of ground juniper

### Ingredients for the beetroot pickle

- 100ml of apple vinegar
- 70ml of water
- 40g of sugar
- 5g of salt
- 1 tablespoon of juniper
- 2 tablespoons of hibiscus flowers
- 1 teaspoon of ginger, peeled and chopped
- 1 strip of lemon zest
- 1 tablespoon of white peppercorns
- 1 beetroot, peeled