



# Mieral duck with aubergine and black salsify



## Rezept für 4

### Ingredients for the duck legs

4 duck legs  
½ carrot  
1 onion  
¼ celery bulbs  
1 bay leaf  
1 clove of garlic  
1 tomato  
Salt, pepper  
2 dl jus  
2 dl bouillon

### Ingredients for the pickled black salsify

4 black salsifies  
10g of sugar  
50cl white wine vinegar  
5g of salt  
150cl of water  
2g of mustard  
Estragon

### Ingredients for the sauce

Orange peel  
Sugar  
Freshly squeezed orange juice  
Star aniseed

### Preparing the leg of duck

Pre-heat the oven to 140 °C. Fry the duck legs skin-side down until golden yellow, remove from the fat and put in a stew pot. Sweat the carrot, onion, celery bulbs, bay leaf and garlic clove in the frying pan, mix with the tomato, salt and pepper and lay over the duck legs. Pour on the bouillon and jus. Stew on the hot air setting for 120 minutes at 140 °C. Remove the legs, pull off the subcutaneous fatty layer and twist out the lower bones.

### Cooking level for the duck legs

With pre-heat 120 minutes | hot air setting at 140 °C

### Preparing the pickled black salsify

Bring the sugar, white wine vinegar, salt, water, mustard and estragon to the boil and add the black salsifies. Vacuum-pack and steam for 45 minutes.



### Cooking level for the pickled black salsify

With pre-heat 45 minutes | steam at 95 °C

### Preparing the sauce

Sieve the stewing stock and reduce. Caramelize the sugar in a frying pan until light-caramel coloured, deglaze with orange juice and reduce. Sieve into the reduced duck stew pot and again reduce to the required thickness. Add the orange peel and star aniseed for five minutes, sieve and put the legs into the sauce and heat.

### Anrichten

## Preparing the aubergine caviar

Halve the aubergines and score the flesh. Sprinkle the surfaces with lots of salt and leave to stand for 20 minutes. Crush and dab the aubergine. Remove some of the salt with kitchen roll. Lay the aubergine halves, cut-side down, on a greased baking tray and bake on a hot air setting for 20 minutes at 180 °C. Spoon out the aubergine caviar and put into a sieve. Cut the dry mass coarsely. Sweat the garlic in a little olive oil; add the aubergine caviar, season with salt, pepper and orange zest. Add fresh herbs.

## Cooking level for the aubergine caviar

With pre-heat

20 minutes | hot air at 180 °C

## Preparing the black salsify

Pre-heat the oven to 95 °C on a steam setting. Peel the black salsifies, put into a container and cover, or alternatively vacuum pack, and steam for 45 minutes at 95 °C. Remove the black salsify from the bag and glaze it in a frying pan with 2 tbsp of bouillon and a little butter.

## Cooking level for the black salsify

With pre-heat

45 minutes | steam at 95 °C

### Ingredients for the aubergine caviar

2 aubergines

Olive oil

Salt, pepper

Garlic

Orange zest

Fresh herbs

### Ingredients for the black salsify

8 black salsifies

Butter

Bouillon

Salt, pepper, nutmeg