

Duck breast caramelized with spices and two mushrooms

Preparation time: 15 minutes

Cooking time: 15 minutes

Recipe for 8 people :

Ingredients :

4 duck breasts (350 g each)
pepper
2 tablespoons honey
1 teaspoon Tandoori
1 tablespoon soy sauce
400 g of boletus mushrooms (cep)
800 g of oyster mushrooms
Sauce :
2 shallots
10 cl port wine
10 cl chicken stock
10 cl of liquid cream

Preparation:

- . Clean the mushrooms by cutting the tip of a knife and then with a damp cloth to remove any earth absorbent paper.
- . Slice the mushrooms and reserve.
- . Cut off mushrooms and finely chop and set aside.
- . Sauté the As fungi without mixing and seasoning at the last moment.
- . Carve duck breasts skin side making diamonds.
- . Mix all ingredients for the marinade and baste the duck and let the meat cool one hour.
- . In a skillet over medium heat cook skin side for about 6 minutes.
- . Remove excess fat progressively and cook flesh side for about 2 minutes while removing grease as.
- . Finish in the oven for 7 minutes at 180 ° C in the breasts regularly brushing with the brush taking the remaining marinade.
- . Pepper at the last moment.

Sauce:

- . Chop the shallots and sauté over low heat and deglaze with port, then add the chicken.
- . Add cream and reduce by half by adding the remaining marinade and check seasoning.
- . Serve hot with mushrooms.