

GOURMET DUCK BREAST FILLET IN DARK BEER SAUCE WITH POTATO DUMPLINGS

Serves 2

INGREDIENTS:

2 Duck breast fillets with skin

Salt and pepper (to taste)

500g Potatoes, peeled and chopped

1 Egg

½ Cup flour

¼ Cup butter

¼ Cup chopped onion

2 Garlic cloves, minced

1 Tablespoon tomato paste

½ Cup dark beer

½ Cup chicken broth

¼ Cup heavy cream

1 Teaspoon corn starch



METHOD

1. Preheat your grill to medium-high heat. (190 - 200°C)
2. Season the duck breast fillets with salt and pepper on both sides.
3. Grill the duck breast fillets skin-side down for about 5 minutes, or until the skin is crispy and browned. Flip the fillets and grill for another 3-4 minutes or until the internal temperature of the meat reaches 57-60°C for medium-rare doneness. Remove from heat and let it rest for 5-10 minutes.
4. Meanwhile, cook the potatoes in a large pot of boiling salted water until tender. Drain and mash the potatoes until smooth. Add the egg and flour and knead the mixture until you have a smooth dough.
5. Form the dough into small dumplings, or gnocchi, and drop them into a pot of boiling salted water. Cook until they float to the surface, then remove them with a slotted spoon and set aside.
6. In a saucepan, melt the butter over medium heat (180°C). Add the chopped onion and garlic and sauté until softened. Stir in the tomato paste and cook for 1-2 minutes.
7. Add the dark beer and chicken broth to the saucepan and bring to a boil. Reduce heat and simmer for 10-15 minutes, or until the sauce is slightly thickened.
8. In a small bowl, whisk together the heavy cream and corn starch until smooth. Stir the mixture into the saucepan, and cook for another 2-3 minutes, or until the sauce is thick and creamy.
9. To serve, slice the duck breast fillets into thin slices and arrange on plates with the potato dumplings. Drizzle the sauce over the top, and garnish with chopped parsley or chives if desired. Serve immediately and enjoy!



DUCKO FOODS