

# sous vide duck breast with red cabbage puree, gingerbread sponge dumplings

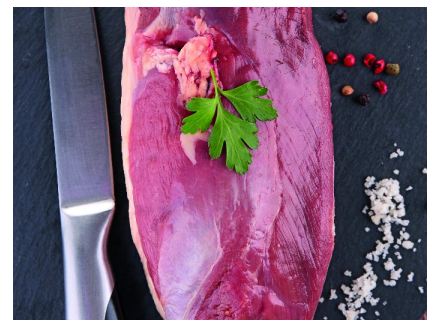
Cuisine: Czech

Food category: Poultry



Author: Jaroslav Mikoška


Company: Retigo





## Program steps


Preheating: 60 °C


1


Steaming

Termination by time

01:30hh:mm


52°C


+50%





2


take out the sous vide bag and read the recipe instruction


Hot air


100%

Termination by time

02:00hh:mm

150°C

+100%



## Ingredients - number of portions - 8

Name	Value	Unit
duck breast	4	pcs
a sprig of thyme	8	pcs
red cabbage	1	pcs
dry red wine	2	l
port wine red	1	l
cinnamon stick	1	pcs
star anise	3	pcs
clove	10	pcs
butter	50	g
salt	6	g
ground black pepper, ground	3	g
red wine vinegar	50	ml

## Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn

Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	48 kJ
Carbohydrate	0.2 g
Fat	5.2 g
Protein	0.1 g
Water	0 g

## Directions

1. Set oven the oven on full steam at 52°C.
2. Season the duck breasts with salt, thyme and pepper and vacuum pack under full pressure.
3. Steam and cook sous vide for 90 minutes.
4. Chill in an ice bath or blast chiller before removing the breasts from the bag.
5. Score the skins and sear in a skillet, starting skin side down on a cold surface.
6. Make a bouquet garni with cinnamon, cloves and star anise and place in a deep GN together with the wine and birds.
7. Set the oven on dry heat at 150°C and cook for about 2 hours or until the cabbage is tender. Discard the bouquet garni.
8. Strain any remaining juices and purée the cooked cabbage until smooth. While blending, add any strained liquid until it reaches the desired consistency. Finish with and vinegar and correct seasoning. Pass through a fine sieve while still warm.
9. For the dumplings, mix in all the ingredients in a bowl and transfer into an espuma siphon and charge with two gas cartridges. Portion out into greased paper cups and microwave lightly before serving.
10. To plate, slice the breasts and lay on a large plate, topping with two spoons of purée and the cooked dumplings.

## Recommended accessories



Enameled GN container



Stainless wire shelving