

DUCK WITH BEETROOT & SHROPSHIRE BLUE



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- Sub Category Name
Combo
Appetisers
- Recipe Source Name
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Ingredients

DUCK WITH BEETROOT & SHROPSHIRE BLUE

Duck Breast

- 1 piece duck breast
- 4g Colloroso salt
- 4 slices orange zest

Beetroot Cube & Purée

- 500g beetroot

Blini

- 12.5g yeast
- 190g flour



- 125g milk
- 125g beetroot purée
- 30g egg yolk
- 5ml water
- 10ml Aceto balsamic
- 2g salt
- 60g egg white
- Beetroot cube (see recipe above)

Beetroot Glaze

- 1 bottle beetroot juice

Shropshire Blue

- 100g Shropshire Blue

Methods and Directions

DUCK WITH BEETROOT & SHROPSHIRE BLUE

Duck Breast

- Carve squares into the skin of the breast using a knife.
- Salt it with Colloroso salt for at least one night in the fridge.
- Wash the breast with water and then place it in a vacuum bag with the orange zest.
- Put in an oven at 75C, and pierce a core temperature meter into the duck.
- The core temperature needs to be 57C and then cooled down.
- Bake it in a frying pan to brown the skin.
- Let it cool down and slice the breast using the cutting machine at Position 1.

Beetroot Cube & Purée

- Roast the beetroot in the oven at 170C for 1 hour until cooked.
- Peel off the skin of the beetroot.
- Cut 30 nice 1cm cubes. Place these on the blini when you bake them. Then, purée the remaining beetroot in the thermo blender.

Blini

- Add the milk, beetroot purée and yeast to a pan and heat slowly.
- Heat until it dissolves the yeast.
- Mix this with the flour, egg yolk, water, Aceto and salt homogeny.
- Raise it to room temperature for approximately 1 hour.



- Whisk the egg whites until airy. Mix it twice with the beetroot mixture.
- Bake it in a frying pan with clarified butter. Place a cube of beetroot in the middle.
- Bake them on both sides at a low heat until they are done.
- Once they have cooled down, cut them with a round cookie-cutter.

Beetroot Glaze

- Reduce until you get a thick syrup.

Shropshire Blue

- Cut into small pieces of 1cm.

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