



WILLOW DUCK/ CARROT/ QUINOA

QimiQ BENEFITS



30



easy



INGREDIENTS FOR 10 PORTIONS

FOR THE CARROT BUTTER SAUCE

300 g QimiQ Cream Base
300 g Carrot coulis
300 g Butter
65 g QiQ Base for Butter Sauce

FOR THE CRUNCHY QUINOA

300 g Quinoa, multicoloured
600 ml Water
1 litre(s) Neutral oil, to deep fry

FOR THE DUCK MARINADE

100 g QimiQ Marinade
200 ml Neutral oil
100 ml Hazelnut oil
1 piece(s) Orange(s), im Ganzen, geschält
5 g Orange zest
2 g Thyme, fresh
2 g Timut Pfeffer
15 g Salt
10 g Forest honey
1 g Juniper berries
1500 g Duck breast

TO SERVE

Baby carrots
Herbs, fresh
Duck jus

METHOD

1. For the carrot butter sauce:
 1. Heat the QimiQ Cream Base, the carrot coulis and the QiQ Base for Butter Sauce powder to 80°C.
 2. Add the butter and incorporate with a hand blender.
 3. Pour through a fine sieve into a 1 liter iSi bottle and keep warm until ready to use.
2. For the crispy quinoa:
 1. Place the quinoa in a sieve and rinse with cold water. Drain.
 2. Bring the water and salt to the boil and add the washed quinoa.
 3. Cook for 10 minutes without a lid, cover and allow to simmer on the lowest setting for 15 minutes.
 4. Place on a tray and allow to dry at 60 °C.
 5. Fry the dried quinoa in neutral oil at 190 °C, drain and salt lightly.
 6. Keep warm until ready to use.
3. For the duck marinade:

1. Mix all the ingredients finely and incorporate the oil.
 2. Score the duck breasts on the skin side and vacuum seal them together with the marinade.
 3. Allow to marinate for at least 8 hours.
 4. Cook in a sous vide bath at 57 °C for 90 minutes.
4. To serve:
- Slice the sous vide cooked Purple Haze carrots lengthways. Grill skin side down and place on the prepared plate. Arrange the glazed baby carrots, carrot butter sauce and crispy quinoa. Fry the sous vide cooked duck breast on the skin side and cut open. Pour in the duck jus and finish with fresh herbs.