

Duck breast with two kinds of cauliflower

45–60 Min

Ingredients 4 Portions

= Kotányi Produkte

For the duck breast

4 pieces	Duck breast
3 tsp	Oil, for frying
1 pinch	Sea Salt, Coarse
1 pinch	Thyme, Crushed

For two kinds of cauliflower

2	Cauliflower heads
1000 ml	Whipped cream
2 tblsp	Butter
1 pinch	Sugar
1 pinch	Pepper Black, Whole
1 pinch	Sea Salt, Coarse
1 pinch	Cumin, Ground
2 pieces	Eggs
	Flour smooth
	Panko flour
	Oil for frying in a pot

Preparation

1. Score the skin of the duck breasts with a sharp knife at 5 mm intervals. Then season with salt. Then fry the skin side in a coated pan for a few minutes. Turn and fry in the same way.
2. Clean the cauliflower and divide it into small florets. Then blanch a third of the cauliflower in boiling salted water for five minutes and rinse with cold water.
3. Roast the rest of the cauliflower in hot oil in a larger pot, pour in the whipped cream, add butter and cook until very soft. Stir again and again. Season with salt, cumin, and pepper. Then pour the mixture into a stand mixer and mix very finely.
4. Bread the cooked cauliflower with flour, egg, and panko flour and deep-fry it in a pot until crispy.
5. Roast the duck in a preheated oven at 170 °C for about eight minutes. Switch off and open the pipe and let the duck breasts rest briefly.
6. Cut into three pieces against the grain and sprinkle with dried thyme. Finally, arrange and serve the meat together with the purée and baked cauliflower.