



Duck breast with two kinds of cauliflower

🕒 45–60 Min   

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.

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

