Sous Vide Duck with Red Bliss Potatoes and Haricot Verts
Sean Hawkins

Ingredients:

- 12 each skin on duck breast
- 8 lbs red bliss potatoes
- 3 lbs carrots
- 1 T vanilla extract
- 2 lbs fresh haricot verts
- 1 qt red wine
- 2 cups white sugar
- 2 oz thyme
- 12 cloves garlic
- Salt and pepper
- Canola oil

Instructions:

**Duck**
- Score the skin of the breast in a crisscross and pattern season with salt and pepper. Render the fat off in a sauté pan over medium heat for 10-15 min.
- Remove from heat and chill duck in refrigerator.
- Heat water with sous vide machine to 130 f. Place duck in sous vide bags and seal. Immerse in water for 1 hour up to 4 hours.
- Remove from water bag, pat dry and return to sauté pan cooking to medium with crisp skin. Rest and slice thinly.

**Vanilla scented carrot purée**
- Peel and rough chop carrots, place in a pot with water, season with salt and simmer until tender. Reserve 1/2 cup water.
- Strain and purée, seasoning with vanilla and salt.

**Red Bliss Potatoes**
- Quarter potatoes and season with oil, salt and pepper. Roast at 425 for 25-30 min until golden brown.
- Sautéed haricot verts
- Clean and portion beans, heat pan over med heat with oil and sauté 3-5 min season with salt and pepper.

**Red wine reduction**
- Simmer wine thyme and sugar until desired consistency.